365 SEX POSITIONS

A New Way Every Day for a Steamy, Erotic Year

LISA SWEET

Amorata Press

Table of Contents

Title Page

Chapter 1 - TRIBAL RHYTHM
Chapter 2 - THE CHARIOT
Chapter 3 - CLIMB THE HILL
Chapter 4 - THE EDGE
Chapter 5 - PEEK-A-BOO
Chapter 6 - HAPPY TRAILS
Chapter 7 - SPREAD EAGLE
Chapter 8 - THE CIRCUS
Chapter 9 - RAPUNZEL
Chapter 10 - CAT'S CRADLE
Chapter 11 - THE HANDSTAND
Chapter 12 - THE WATCHER
Chapter 13 - BACK SHOW
Chapter 14 - LANGUID LEGS
Chapter 15 - CROUCHING TIGER
Chapter 16 - ELECTRIC SLIDE
Chapter 17 - TWIST AND SHOUT
Chapter 18 - SEESAW
Chapter 19 - FREESTYLE
Chapter 20 - LADIES FIRST
Chapter 21 - ROLLOVER
Chapter 22 - THE DIRTY TURTLE
Chapter 23 - THE CATAPULT
Chapter 24 - LAP DANCE
Chapter 25 - THE CLASSIC
Chapter 26 - THE BIG DIP
Chapter 27 - POWER PUMPER
Chapter 28 - GET A LEG OVER
Chapter 29 - THE LOVE SEAT
Chapter 30 - SHOULDER HOLSTER
Chapter 31 - BALL GAME
Chapter 32 - CLOSE ENCOUNTERS
Chapter 33 - THE LOTUS
Chapter 34 - CUP
Chapter 35 - THE DEEP
Chapter 36 - SWAN DIVE
Chapter 37 - THE CRAZY CAT
Chapter 38 - QUEEN FOR THE DAY

Chapter 39 - DAISY CHAIN
Chapter 40 - THE WAVE
Chapter 41 - SURPRISE PARTY
Chapter 42 - THE HAMMOCK
Chapter 43 - BLASTOFF
Chapter 44 - SEXY SAMBA
Chapter 45 - JUNGLE FEVER
Chapter 46 - WILD CHERRY
Chapter 47 - THE CARNAL CHAISE
Chapter 48 - SITTING BULL
Chapter 49 - THE COW
Chapter 50 - THE CROUCH SLOUCH
Chapter 51 - THE FLAT BACK
Chapter 52 - INSIDE OUT
Chapter 53 - TWO-TIMING
Chapter 54 - AMAZING ARC
Chapter 55 - THE EMBRACE
Chapter 56 - TEASPOONS
Chapter 57 - TAKEOUT
Chapter 58 - BODY BOOSTER
Chapter 59 - SLEEPING BEAUTY
Chapter 60 - WINDMILL
Chapter 61 - TETHERBALL
Chapter 62 - THE BUMP-AND-GRIND
Chapter 63 - BOOTY-GRAB
Chapter 64 - DOUBLE HEAD RUSH
Chapter 65 - OTTOMAN EMPEROR
Chapter 66 - SITTING PRETTY
Chapter 67 - GIRL ON TOP
Chapter 68 - GOOD VIBRATIONS
Chapter 69 - CIRCLE OF LOVE
Chapter 70 - FILL HER UP
Chapter 71 - THE RIG
Chapter 72 - OVERTIME
Chapter 73 - SNEAKY GIRL
Chapter 74 - HEELS OVER HEAD
Chapter 75 - THE FIRM
Chapter 76 - WRESTLING MANIA
Chapter 77 - CAT
Chapter 78 - CURLS
Chapter 79 - THREE LEGGED RACE
Chapter 80 - SLIP-SLIDING AWAY
Chapter 81 - FIT TO BE TIED
Chapter 82 - THE ANGLER
Chapter 83 - ARC DE TRIOMPHE
Chapter 84 - JELLYFISH
Chapter 85 - CROSSED SPOONS
Chapter 86 - REVERSE SPOON

Chapter 87 - LIFT AND SERVE
Chapter 88 - HOLDOVER
Chapter 89 - LEG LIFT
Chapter 90 - BACK UP
Chapter 91 - MARATHON
Chapter 92 - FLYING X
Chapter 93 - POGO
Chapter 94 - BUCKIN' BRONCO
Chapter 95 - GOLD STANDARD
Chapter 96 - TWIN PEAKS
Chapter 97 - FULL THROTTLE
Chapter 98 - PIRATE'S BOOTY
Chapter 99 - VICE GRIPS
Chapter 100 - TWISTED EIGHTS
Chapter 101 - FETCH
Chapter 102 - THE TEASE
Chapter 103 - TRAMPOLINE
Chapter 104 - CROSS OVER
Chapter 105 - NAUGHTY RUMP
Chapter 106 - BOYS ON THE SIDE
Chapter 107 - OUT OF SIGHT
Chapter 108 - STRETCH IT OUT
Chapter 109 - SUN SALUTATION
Chapter 110 - ON THE EDGE
Chapter 111 - THE ANCHOR
Chapter 112 - THE VIRGIN
Chapter 113 - TOUCH AND GO
Chapter 114 - SLIPPERY SLOPE
Chapter 115 - WHO'S YOUR DADDY?
Chapter 116 - THE RAMP
Chapter 117 - THE SLIDE
Chapter 118 - THE STARFISH
Chapter 119 - TAKEOFF
Chapter 120 - THE PLIÉ
Chapter 121 - DOGGY REDUX
Chapter 122 - ON A DEADLINE
Chapter 123 - HIGHWAY TO HEAVEN
Chapter 124 - HOLD THE PICKLE
Chapter 125 - STARTING BLOCKS
Chapter 126 - DESK SET
Chapter 127 - THE "Z"
Chapter 128 - HEAD RUSH
Chapter 129 - TIGHTEN THE SCREWS.
Chapter 130 - DOUBLE DARE
Chapter 131 - REAR END
Chapter 132 - SPORTS FAN
Chapter 133 - BELLY FLOP
Chapter 134 - SKIN FLICK

Chapter 135 - THE CHIN REST
Chapter 136 - TANTRIC CUDDLE
Chapter 137 - ON A TILT
Chapter 138 - TWO-4-ONE
Chapter 139 - PRIME TIME
Chapter 140 - THE REV-IT-UP RUB
Chapter 141 - SPORK
Chapter 142 - THE BUTTERFLY
Chapter 143 - HIDEAWAY
Chapter 144 - MUTUAL OF O
Chapter 145 - THE SURPRISE
Chapter 146 - SWORD SWALLOWER
Chapter 147 - THE CRAWL
Chapter 148 - THE WOW WOW
Chapter 149 - THE TUMBLER
Chapter 150 - THREE-FINGER THRILL
Chapter 151 - THE MIXER
Chapter 152 - YAWNING POSITION
Chapter 153 - THE STALLION
Chapter 154 - SIDEWINDER
Chapter 155 - SEATED WHEELBARROW
Chapter 156 - THE HOOK
Chapter 157 - STAND AND CARRY
Chapter 158 - THE CAMEL
Chapter 159 - HOT SPOT
Chapter 160 - TANTALIZING TEE-OFF
Chapter 161 - BABE IN TOYLAND
Chapter 162 - LAZY 69
Chapter 163 - THE TIPSTER
Chapter 164 - THE CARNAL CLENCH
Chapter 165 - HEISMAN
Chapter 166 - ON A ROLL
Chapter 167 - THE SEXY BALLERINA
Chapter 168 - SHIMMY SHIMMY SHAKE
Chapter 169 - THE KNEELER
Chapter 170 - BLIND SPOT
Chapter 171 - THE CHEERLEADER
Chapter 172 - CHAIR TRYST
Chapter 173 - THE “V”
Chapter 174 - THE SCORPION
Chapter 175 - ELECTRIFIED
Chapter 176 - DRAWBRIDGE
Chapter 177 - THE W.C.
Chapter 178 - DRIVER’S SEAT
Chapter 179 - TAKE ME TO YOUR LEADER
Chapter 180 - THE PRAYING MANTIS
Chapter 181 - POSSESSION
Chapter 182 - LITTLE BIRDY

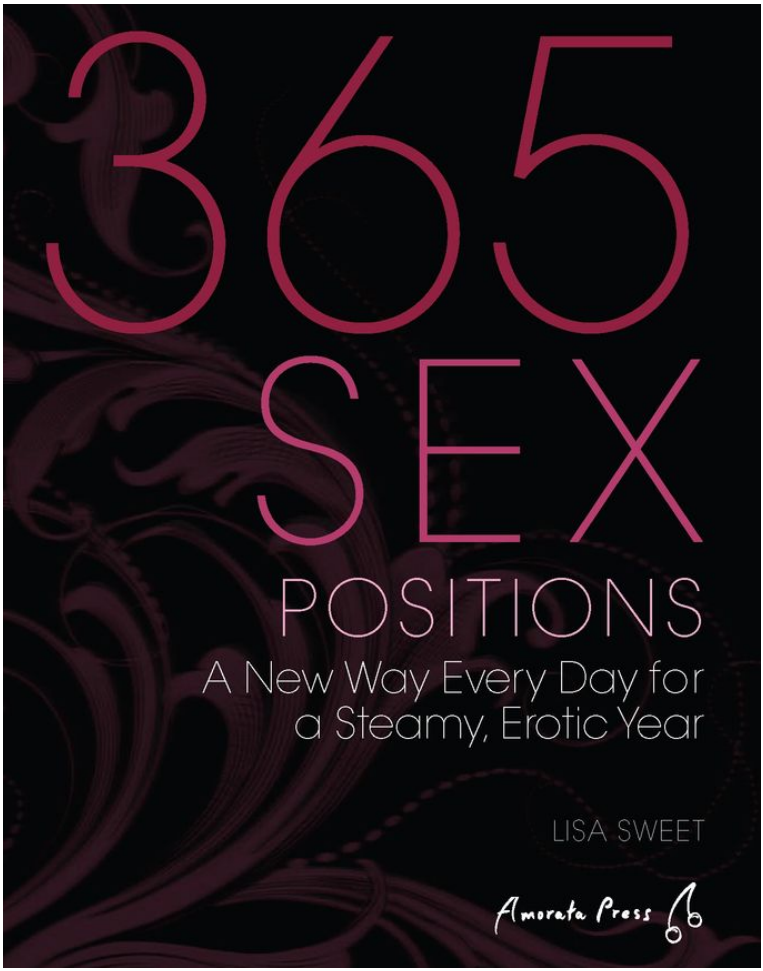
Chapter 183 - STEP UP
Chapter 184 - HOKEY POKEY
Chapter 185 - THE HIP LIFT
Chapter 186 - CHAIR LIFT
Chapter 187 - BACK DIVE
Chapter 188 - STRADDLE UP
Chapter 189 - FANTASY ISLAND
Chapter 190 - TABLE TOP
Chapter 191 - HER MISSIONARY
Chapter 192 - COURTING CHAIRS
Chapter 193 - WHEELBARROW
Chapter 194 - THE BODYGUARD
Chapter 195 - 69 MASSAGE
Chapter 196 - FOOTSIE
Chapter 197 - WALK THE WALL
Chapter 198 - RIDE 'EM, COWBOY
Chapter 199 - CARNAL CLUTCH
Chapter 200 - THE BUFFET
Chapter 201 - LONDON BRIDGER
Chapter 202 - ROCK, PAPER, SCISSORS
Chapter 203 - RAUNCHY WRESTLER
Chapter 204 - MIDAIR DOCK
Chapter 205 - AIRPLANE
Chapter 206 - REVERSE THE RIDE
Chapter 207 - SIT-IN
Chapter 208 - HEAVEN KNOWS
Chapter 209 - TWO-HEADED SNAKE
Chapter 210 - LADIES' CHOICE
Chapter 211 - THE LUSTY LIE-IN
Chapter 212 - EASY RIDER
Chapter 213 - HULA GIRL
Chapter 214 - SINKHOLE
Chapter 215 - TWIZZLER
Chapter 216 - GOOOOOOAL!
Chapter 217 - SPIDER
Chapter 218 - THE CUDDLER
Chapter 219 - SWEET SEAT
Chapter 220 - THE CORKSCREW
Chapter 221 - AVALANCHE
Chapter 222 - BIG WHEELBARROW
Chapter 223 - THE "Y"
Chapter 224 - THE FLOWER BUD
Chapter 225 - THE CLIMBER
Chapter 226 - DOWNWARD DOG
Chapter 227 - COOL HAND LUKE
Chapter 228 - ROW, ROW, ROW
Chapter 229 - THE TIPPING POINT
Chapter 230 - GET INTO THE GROOVE

Chapter 231 - ALL HANDS ON DECK
Chapter 232 - FRONT AND REAR
Chapter 233 - THE SWING
Chapter 234 - TANGO
Chapter 235 - REVERSE JOCKEY
Chapter 236 - PASSION PRESS
Chapter 237 - DOING LAPS
Chapter 238 - LUST LESSON
Chapter 239 - SCREW
Chapter 240 - OVER THE EDGE
Chapter 241 - THE DOWN LOW
Chapter 242 - BLIND LOVE
Chapter 243 - BOOT IT UP
Chapter 244 - THE LIFT
Chapter 245 - SIDE SLIDE
Chapter 246 - PICNIC TABLE
Chapter 247 - LAUNCH PAD
Chapter 248 - MUSICAL CHAIR
Chapter 249 - PUSH-UP
Chapter 250 - HANDRAIL
Chapter 251 - HOT CROSS BUNS
Chapter 252 - ON THE SPOT
Chapter 253 - HORNY HORSEY
Chapter 254 - OFFICE PLAY
Chapter 255 - TRIPLE X
Chapter 256 - HIGHER PLANE
Chapter 257 - THE PIN-UP
Chapter 258 - THE DUMBBELL
Chapter 259 - THE MAGIC SLIDE
Chapter 260 - LOVE BUG
Chapter 261 - BUTTERFLY IN FLIGHT
Chapter 262 - HOT SEAT
Chapter 263 - NUTCRACKER
Chapter 264 - ON THE LEVEL
Chapter 265 - THE ARCH
Chapter 266 - FULL EXPOSURE
Chapter 267 - SLOWLY DOES IT
Chapter 268 - THE THRONE
Chapter 269 - SCREW IT TIGHT
Chapter 270 - REVERSE COWGIRL
Chapter 271 - THE BALL BOB
Chapter 272 - THE ULTIMATE HUG
Chapter 273 - THE GO AROUND
Chapter 274 - 69
Chapter 275 - THE SHOULDER HOLDER
Chapter 276 - SCISSORS
Chapter 277 - MILE-HIGH CLUB
Chapter 278 - LADY IN WAITING

Chapter 279 - THE FUSION
Chapter 280 - THE SPOTTER
Chapter 281 - HOT-SPOT SUPERHERO
Chapter 282 - WATERSLIDE
Chapter 283 - THE TENDER EMBRACE
Chapter 284 - CANINE CANOODLING
Chapter 285 - UP-CLOSE AND HOT
Chapter 286 - NECKING
Chapter 287 - DEEP DIVE
Chapter 288 - PLAY BALL!
Chapter 289 - BOTTOM JIG
Chapter 290 - LUSTY LAUNCH
Chapter 291 - ELEVATED JACKHAMMER
Chapter 292 - BELLY DANCER
Chapter 293 - BEACH BONFIRE
Chapter 294 - WORLD'S STRONGEST
Chapter 295 - G-FORCE
Chapter 296 - RISE AND SHINE
Chapter 297 - LOCK AND LOAD
Chapter 298 - MAN TRAP
Chapter 299 - UP AGAINST THE WALL
Chapter 300 - MISSIONARY
Chapter 301 - THE CRANKSHAFT
Chapter 302 - 68 HER
Chapter 303 - DEEP IMPACT
Chapter 304 - LEANING TOWER
Chapter 305 - 69 BACK
Chapter 306 - RUB DOWN
Chapter 307 - THE STRADDLE
Chapter 308 - HANDY 69
Chapter 309 - THE SITTING CAT
Chapter 310 - HOT AND SPICY
Chapter 311 - THE X FACTOR
Chapter 312 - FIGHTER PLANE
Chapter 313 - BE SEATED AND BESOTTED
Chapter 314 - THE BICYCLIST
Chapter 315 - THE VIBE
Chapter 316 - DUET
Chapter 317 - ANYTHING GOES
Chapter 318 - LOVE PUMP
Chapter 319 - THE PANORAMA
Chapter 320 - KISSING THE PINK
Chapter 321 - THE ACROBAT
Chapter 322 - THE BIG BOUNCE
Chapter 323 - LAY, LADY, LAY
Chapter 324 - BENT SPOON
Chapter 325 - HAPPY HANDS
Chapter 326 - RAISE THE MAST

Chapter 327 - UPWARD DOG
Chapter 328 - THE HEADLOCK
Chapter 329 - APHRODITE'S DELIGHT
Chapter 330 - STAND AND DELIVER
Chapter 331 - DIRTY DOGGY
Chapter 332 - ROLLING WHEELBARROW
Chapter 333 - HIGH IN THE SADDLE
Chapter 334 - HEAD BENDER
Chapter 335 - FLYING MISSIONARY
Chapter 336 - FOOT IN MOUTH
Chapter 337 - LEAN-TO
Chapter 338 - DINING AT THEY
Chapter 339 - TRICK OR TREAT
Chapter 340 - THE ROCKER
Chapter 341 - THE "X"
Chapter 342 - EVOLVED DOG
Chapter 343 - ROLLER COASTER
Chapter 344 - A LITTLE ON THE SIDE
Chapter 345 - CRUISE CONTROL
Chapter 346 - FLAMINGO
Chapter 347 - MAN OVERBOARD
Chapter 348 - THE SPEED RACER
Chapter 349 - DUTCH PRETZEL
Chapter 350 - MANUAL CONTROL
Chapter 351 - G-SPOT STRINKER
Chapter 352 - SPOTLIGHT
Chapter 353 - BUTTOCK DELIGHT
Chapter 354 - SOUL SIDE
Chapter 355 - FROM BALL TO WALL
Chapter 356 - LEG OVER EASY
Chapter 357 - BACK BEND
Chapter 358 - REVERSE MISSIONARY
Chapter 359 - THE BUTTER CHURN
Chapter 360 - THE DRIVER
Chapter 361 - CANNONBALL
Chapter 362 - POWER BALL
Chapter 363 - TILT-A-GIRL
Chapter 364 - TRIPLE WHAMMY
Chapter 365 - TOP LOAD

POSITIONS INDEX
ABOUT THE AUTHOR
Copyright Page


365
SEX
POSITIONS
A New Way Every Day for
a Steamy, Erotic Year
LISA SWEET
Amorata Press

1

TRIBAL RHYTHM

He will love the full view and his ability to control her every movement.

2

THE CHARIOT

Her pleasure is all in his hands. He lifts her gams higher to fiddle her diddle or lowers them to add a little slow-down pressure on his own bow.

3

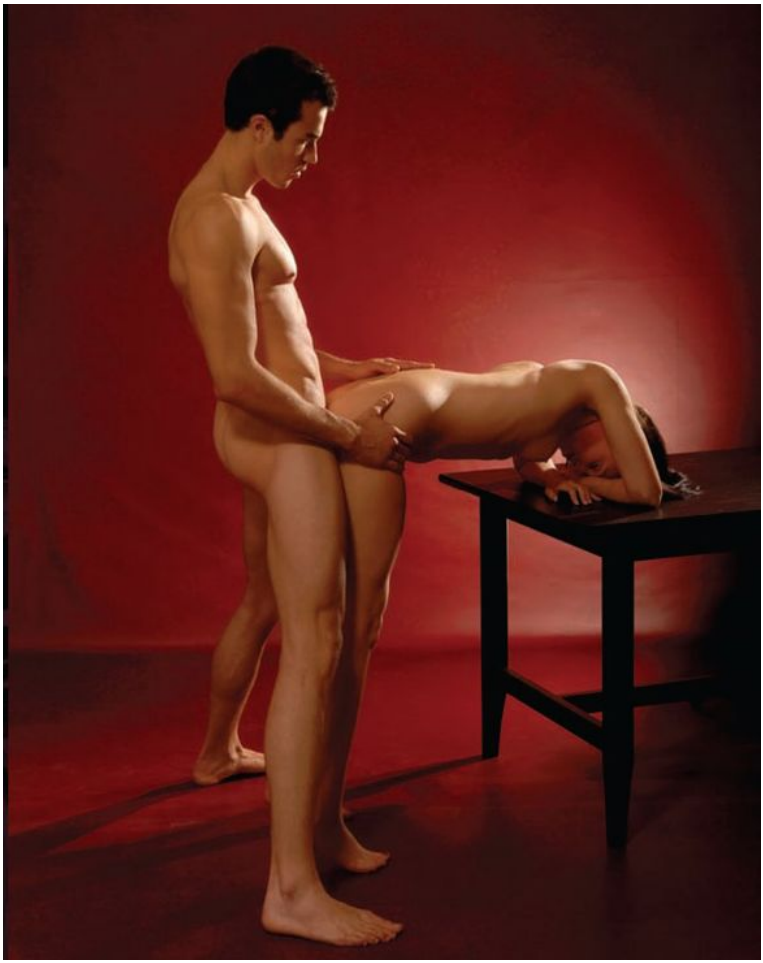
CLIMB THE HILL

Reaching the heights of pleasure in this position is a bit of a high-wire act since the higher-than-usual placement of her hips can create some slippage before they can peak.

4

THE EDGE

All it takes to line up both partners' bits so that his every move rubs her in an oh-so-good way is a little furniture rearrangement that tilts her pelvis up and creates an exquisite, erotic, up-and-down motion.



5

PEEK-A-BOO

The only thing better than having him tiptoe up behind her and slide one in is for her to take a thrilling sneak peek as they reach their passion peaks

6

HAPPY TRAILS

This pose is all butt, legs and hips - hers - which will make him very, very, very happy.

7

SPREAD EAGLE

This is a very accommodating pose for him, but with her legs held wide, she will lose out on some of the friction of his thrusting, so giving herself a helping hand should send her soaring.

8

THE CIRCUS

Twisting her back and forth in a jaw-dropping rotation will make both partners feel like sexual dynamos and may even keep them spinning for rounds two, three and four!

9

RAPUNZEL

In this fairy tale position, the long-haired princess arches back so her tresses sway against the tingly, thin, nerverich skin on his thighs and ticklish toes.

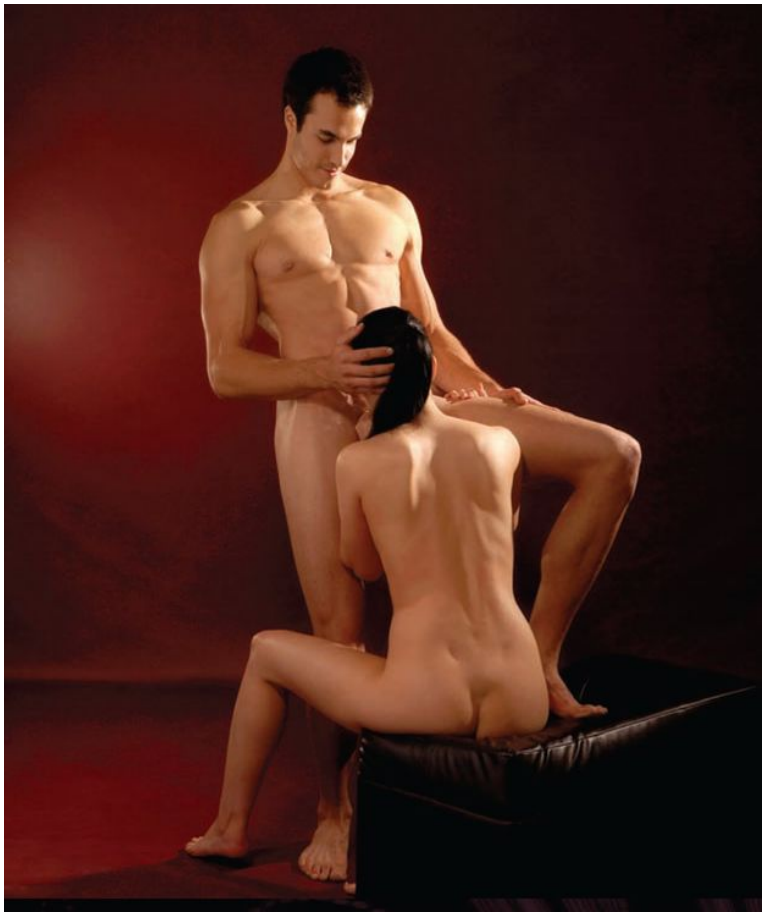
10

CAT'S CRADLE

Using her feet to push him in and out and all about, this sneakily simple position allows her to guide his directional exactly where she wants it - nesting against all of her most sensitive spots.

THE HANDSTAND

An intense pose that's sure to blow him over. Just be carelul his arms don't also go limp at the end or he will experience a most unwanted header.



12

THE WATCHER

Men are more visually stimulated than women. Lifting his leg gives him a good bird's-eye view of the action without giving up any of the pleasure.

13

BACK SHOW

Any position that gives him unlimited access to her wiggling backside will motivate him to race that extra mile she needs to cross her finish line.

14

LANGUID LEGS

Despite its visual pizzazz, this is actually an easy move to master, making it primo for some splendid rub-a-dub-dubs in all the right places - ecstasy without a lot of high-energy commitment.

15

CROUCHING TIGER

The more ferocious pressure she applies to him with her mouth, the louder she will get his dragon to roar, Beware A of shooting flames and sharp fangs.

16

ELECTRIC SLIDE

A perfect position for creating some extra friction between position for creating some out for friction burns!

17

TWIST AND SHOUT

The key move here is for her to twist back and forth rather than up and down to gradually screw him in delectably deep and tight.

18

SEESAW

Lovers can divvy up the amorous action by grinding in tandem - one pushes up and forward as the other thrusts down and back. The teamwork will result in each gaining from the other's erotic efforts.

19

FREESTYLE

He can rock her side to side or up and down, taking his cue can her — if she pushes her body into him, she likes his angle: if she pulls back, he should try something else.

20

LADIES FIRST

Here's her opportunity for multiple orgasms by letting him focus entirely on her for the first round before they move on to mutual pleasuring.

21

ROLLOVER

Roll up and over or back and down on the ball to find the perfect angle of penetration.

22

THE DIRTY TURTLE

This pose is anything but slow moving, as the sight of her bottom combined with the vibrations of her mouth will put him on the fast track to ecstasy.

23

THE CATAPULT

She'll feel like he is sending her flying as he pulls her up into the air, but the only thing that will go rocketing in this pose is her bliss level.

24

LAP DANCE

For some fast and furious fun, she can lower herself onto him and gyrate around in time to her own beat.

25

THE CLASSIC

This traditional oral favorite is tough to lick. While he's controlling the action, her hands can roam and caress the rest of his body to his spine-tingling delight

26

THE BIG DIP

He can use the extra access provided by the open edge of the bed to go in deep while she can use her grounded leg to lift up and meet him halfway, creating lots of feelfabulous friction down below.

27

POWER PUMPER

She gets to choose between shallow and deep thrusting but she should perfect her posture and keep a very straight back to avoid him popping out I of her like a disappointed jack-in-the-box.

28

GET A LEG OVER

If he’s not hung like Moby Dick, she can open her legs wider and lift her top foot straight up in the air, making it easier for him a to cross her threshold.

29

THE LOVE SEAT

Unlike most female-superior poses, she won't be taking him for a ride: Her balancing act means that he'll end up doing most of the thrusting, so she can sit back and concentrate on how amazing his stroking feels.

30

SHOULDER HOLSTER

She can clamp her legs to tighten the sensations or widen them to give him an excellent view of the action. Either way, she'll be giving her G-spot a hot and sticky workout.

31

BALL GAME

This is a good pose for getting in some extra offside plays. Beyond tackling his tackle with her mouth, she can score an extra point by reaching in with her hand to fumble his balls.

32

CLOSE ENCOUNTERS

Sitting seems like the least exciting way to get whisked off your feet, but sweet surprise — it's actually perfect for when lovers are in the mood for some intimate, slow, romantic romping.

33

THE LOTUS

Crisscrossing her legs will help send their lovemaking to a higher spiritual plane that just happens to result in out-ofthis-world-and-the-next orgasms.

34

CUP

She’ll appreciate the extra neck support as he starts shaking his booty.

35

THE DEEP

The higher she raises her legs, the farther he will penetrate her. What's more, she can pull him deeper and deeper into her, a smooth move that will soon have both partners coming up, gasping for air.

36

SWAN DIVE

With her body spanning his, he'll be completely surrounded by her...and love every minute of it.

37

THE CRAZY CAT

The stronger he is, the higher her kitty will climb in this gravity-defying twist on the Coital Alignment Technique. All that frontal friction on her purr spot means that she will be meowing with pleasure.

38

QUEEN FOR THE DAY

She can tease and please him with unexpected hip twists, including back-and-forth rubs, side-to-side shakes and up-and-down dynamo pumps. Not knowing what's coming next will keep him on the edge of his hot seat.

39

DAISY CHAIN

Take time to kiss, cuddle and caress each other before he reaches down and brings her to orgasm while she enjoys teasing him and feeling his excitement by rubbing back against him.

40

THE WAVE

Swaying her upper body from side to side does more than make her look like an enthusiastic sports fan — the extra sensations it creates will turn his soft line drive into a pulse-pounding, record-breaking home run.

41

SURPRISE PARTY

There's an enticing element of the unknown in this pose since both partners can easily work their hands into the mix, but neither can see which next naughty-nookie move the other is planning.

42

THE HAMMOCK

Few women can hold this advanced position since she'll need to have a strong neck or a background in gymnastics — or both.

43

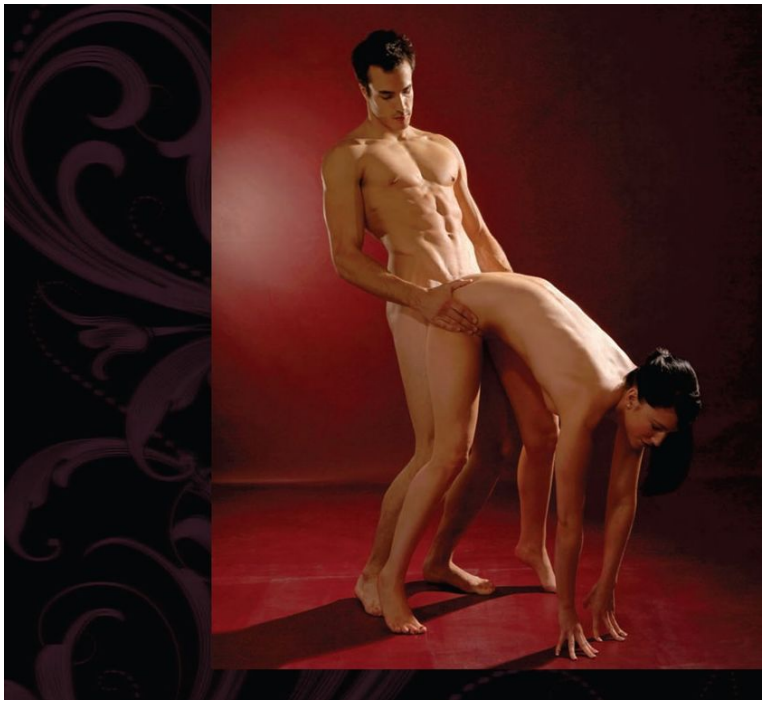
BLASTOFF

When they want a really explosive show, this position gives both partners a great view of the fireworks.

44

SEXY SAMBA

She can relax into his arms and concentrate more on the lusty moves he is making than maintaining her balance.



45

JUNGLE FEVER

Just being bent over is hot and primal, especially when they take the action outdoors. But when he grabs her hips and pushes himself in? Time for a Tarzan-meets-Jane howl.

46

WILD CHERRY

As she lies prone and primed with her arms above her head, it's up to him to triple the trysting pleasure by kissing and caressing her all over with his hands or tongue.

47

THE CARNAL CHAISE

Supported by the backrest of a strong chair, he can hold all her weight as she presses against and down Into hislap.

48

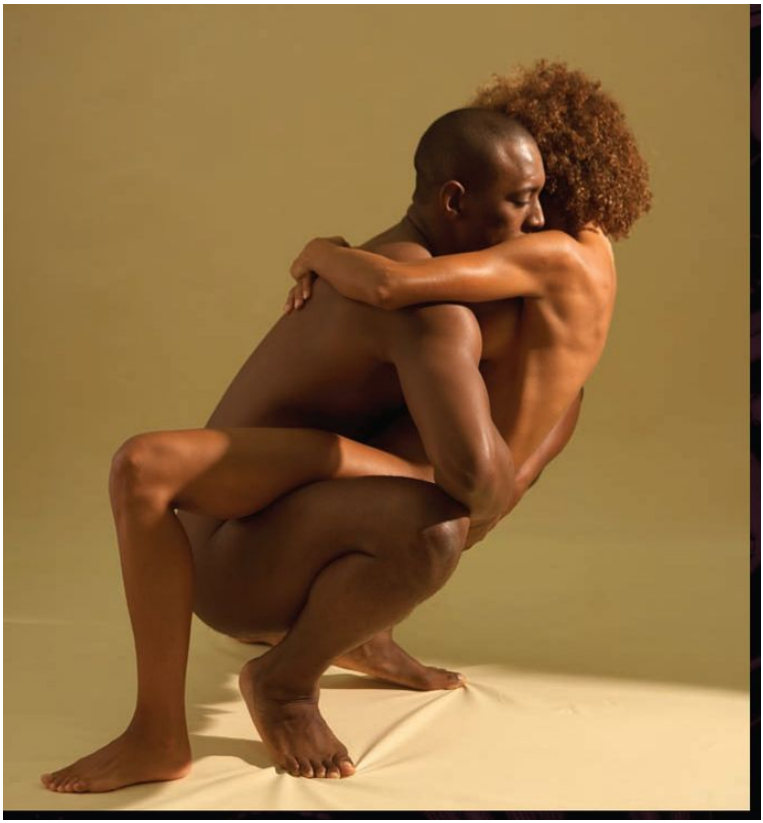
SITTING BULL

Easier than it looks. The nice thing about this move is that it doesn't take a lot of effort to get into position, but the sideways angle still generates a lot of spine-tingling, sexy tension.

49

THE COW

In this superdeep position, she can contract and relax her pelvic muscles to milk him into a frothy shake (wait until pelvic after him Into before shake this until after yoga class before trying this one).



50

THE CROUCH SLOUCH

Despite the tricky balance, she gets to have a lot of Despite over the balance, she gets to have here a because she can use her arms and legs to help her

51

THE FLAT BACK

This is a nice beginner position that lets him stay in control of how deep his love goes.

52

INSIDE OUT

With his legs tucked between hers, he has little range of motion, which means v- be treated to quick in-and-out moves that'll send waves of sensation to the nerve-packed first few inches of her pleasure zone.

53

TWO-TIMING

Using his fingers and his tongue on her at the same time is an easy way to expand his repertoire while working into a heart-palpitating frenzy.

54

AMAZING ARC

I She works hard in this pose, but she also reaps the She works hard The curve but she also put maximum pressure on her groin, while the rush of being upside down will send her overboard in no time.

55

THE EMBRACE

The pleasure of this pose lies in its close, loving contact, making it perfect for anyone who is truly intimate and only wants to get more so.

56

TEASPOONS

This very compact version of spooning is ideal for shallow penetration and targeted stimulation on the outer rim of the sex organs, where the nerve endings - on both him and her - are tightly packed.

57

TAKEOUT

The position of choice for public encounters where time is a critical risk factor, since the action can be shifted into It fast-forward by giving their orgasms a helping time is a critical risk factor, since the action can be shifted into fast-forward by giving their orgasms a helping hand.

58

BODY BOOSTER

I This pose raises rear entry to new heights as he enjoys the tight fit, but the slight lifht on his groin adds just enough slow-down pressure to turn a fast-and-furious move into a more deliberate delight.

59

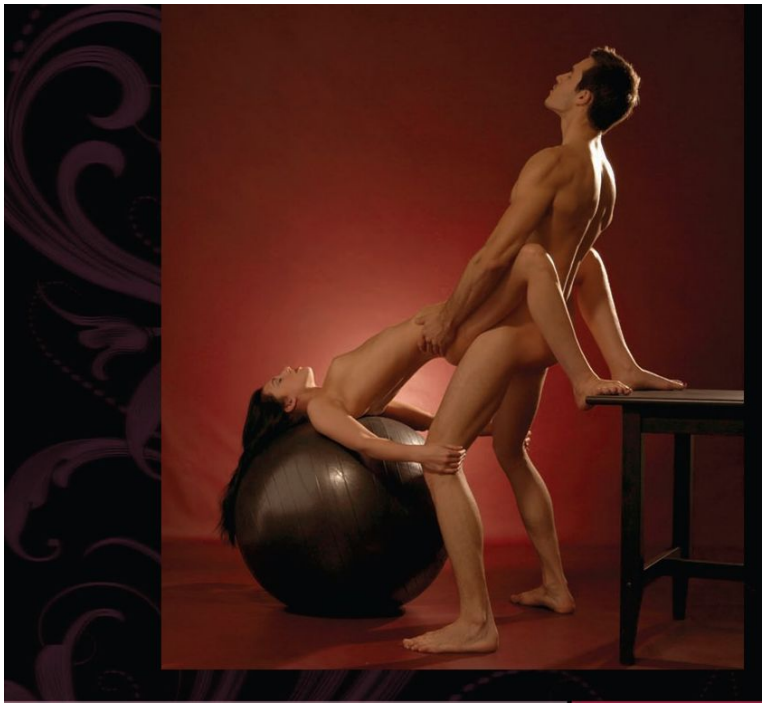
SLEEPING BEAUTY

She is sure to whisper, “My sweet prince has come!” when he slides into her from behind. She should twist so that her face to the only part of her waiting for his happilyIt ever-after kisses.

60

WINDMILL

When she sits in his lap with her legs spread, he will fit into her more directly, providing a deeper, fuller, more delightful feel. A little up-close-and-personal chest action doesn't hurt either.



61

TETHERBALL

This wanton, whimsical pose will up the erotic ante for bath partners. They can push and pull with their arms and legs to tantalizingly tease each other's whirling passion plays.

62

THE BUMP-AND-GRIND

She doesn't need to be a pro to give him a slow-burning lap dance -just strong thigh muscles to lower herself down on him in drive-him-wild circular motions. Va va & voom!

63

BOOTY-GRAB

Hold the phone -this pose is certain to push her buttons, since being on top this pose is certain to push be buttons, at one end and feel his strong she gets her backside at the other.

64

DOUBLE HEAD RUSH

Not a position for couples to do all night, but then again, they won't need to. The instant blood rush triggered when they both lean face-down packs a powerful intensity, heightening each thrust.

65

OTTOMAN EMPEROR

Placing his harem girl on a pedestal puts her at his every command since her precarious balancing act is at the A mercy of his powerful position behind her.

66

SITTING PRETTY

Besides the thrill of her gravity-defying acrobatics, he will also get pleasantly knock-kneed over being able to watch himself slide in and out of her.

67

GIRL ON TOP

She loves being on top because she gets to decide how hard and fast on top is he loves it when she climbs up there because he gets to just sit back, relax and enjoy the sultry show.

68

GOOD VIBRATIONS

Get a buzz on. With the help of sex toys, it's a cinch to send her into orgasmic pleasure. Lying back is the perfect pose for her to give his magic wand full access to perform some XXX tricks and treats.

69

CIRCLE OF LOVE

As he stays still, she can try rolling her hips in a clockwise motion, then switch to counterclockwise, then back again every few seconds. The extra whirl will add a racy spin to their romp.

70

FILL HER UP

He doesn't do much except provide the inside entertainment in this pose and then lie back and enjoy the show.

71

THE RIG

Drill, baby, drill. They'll both be gushing with joy in this intensely penetrating pose. When she holds on with a tight grip, she can control the pumping action for just the right rhythm.

72

OVERTIME

This move offers lots of room for extras — she can lean back a little bit to get greater G-spot stimulation, while he can use his hands to play dot-dot-dot with her love button and his mouth to tickle her toes.

73

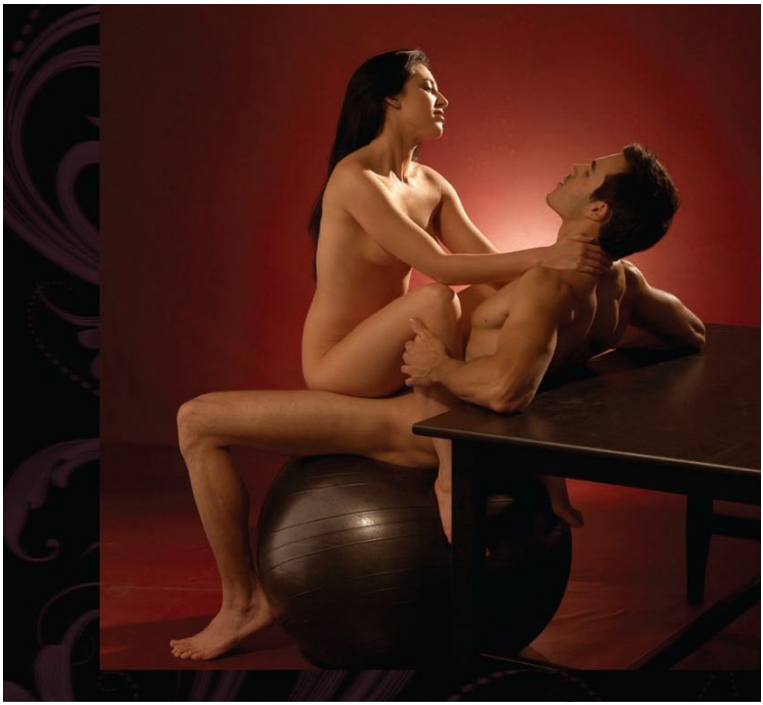
SNEAKY GIRL

It’s easy for her to reach down between her tight thighs and add to her personal pleasure with with a little on-her-own action.

74

HEELS OVER HEAD

To get plenty out of this pose he needs to do just two things: lie back and feel the joy. However, he can also pull his legs down to encourage her to go lower and lower.



75

THE FIRM

Leaning back against a stable surface will prevent any unwanted rolling from stoppin' the action no matter how much hoppin' and boppin' she does atop him.

76

WRESTLING MANIA

He won't have to twist her arm to indulge in a little roughsex role-play — the erotic incognito element of rear entry lends itself perfectly to acting out carnally.

77

CAT

By sliding his hips a couple of inches higher up her body and rocking back and forth, he transforms standard manon-top into the Coital Alignment Technique, which will positively make her purr with contentment.

78

CURLS

For those days when he wants to work his guns instead of burning his core, he can sit back and maximize the sensations by curling her up and down and gyrating her hips in a circular motion.

79

THREE LEGGED RACE

The leg up in this position has two knee-trembling advantages: it makes for easy thrusting, and either partner can slide their hand down and make some finger magic.

80

SLIP-SLIDING AWAY

He can extend and expand his mounting move by lubricating her front side and then rubbing his whole body up and down in a slippery massage that will have her begging for the final slide inside.

81

FIT TO BE TIED

She can make him her own private passion plaything when she binds his hands and climbs on top for a pleasure ride.

82

THE ANGLER

A dangling leg swung back and forth becomes orgasm bait - the wider she can cast it out. the bigger the climactic catch.

83

ARC DE TRIOMPHE

Because of the twisty positioning, the pleasure payoff will be all hers. By pushing up and arching her back as much hand an opening to march through.

84

JELLYFISH

She can add to his joy by pulsing her legs ever so slightly. The added thigh movement will give him an extra rush in this already-tight fit.

85

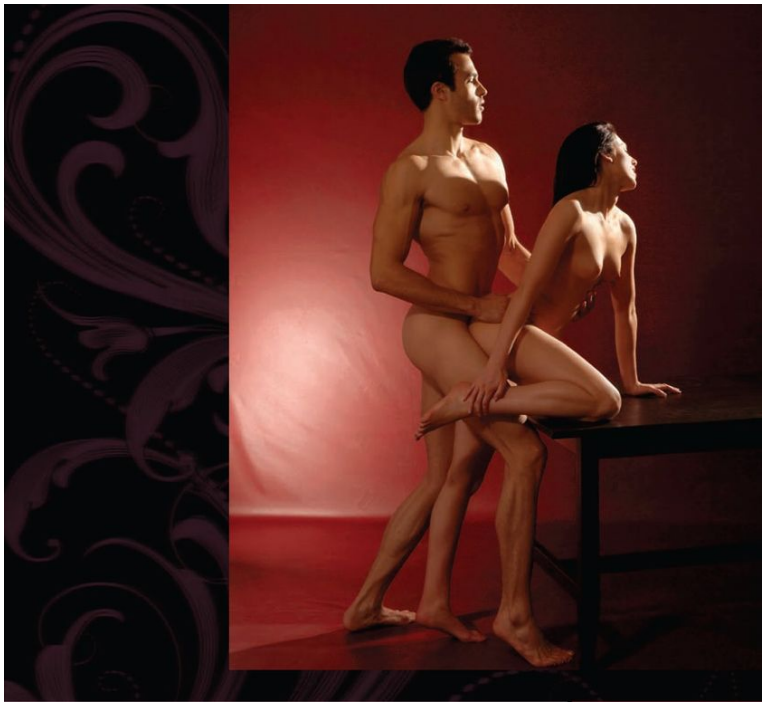
CROSSED SPOONS

The old in-and-out won't work when partners snuggle up spoon-style, but crossing the two will get the job done. For him to stay inside of her, he will need to scoot his hips up and pulsate instead of stroke.

86

REVERSE SPOON

Here is her opportunity to bring him to ecstasy by pleasuring him in a flesh-to-flesh love-in that leaves room for kissing, caressing and conversation.



87

LIFT AND SERVE

Standing sex has never been so easy. She doesn't even have to lift her leg high to make their stars align.

88

HOLDOVER

Tossing one leg over his shoulder is a great way to improve access and an even better way for her to keep her balance if he makes her weak at the knees.

89

LEG LIFT

When his personal trainer is willing to sleep with him to get the job done, working out becomes a whole lot sexier! This position will test his muscles as he holds his leg high enough for her to work his equipment.

90

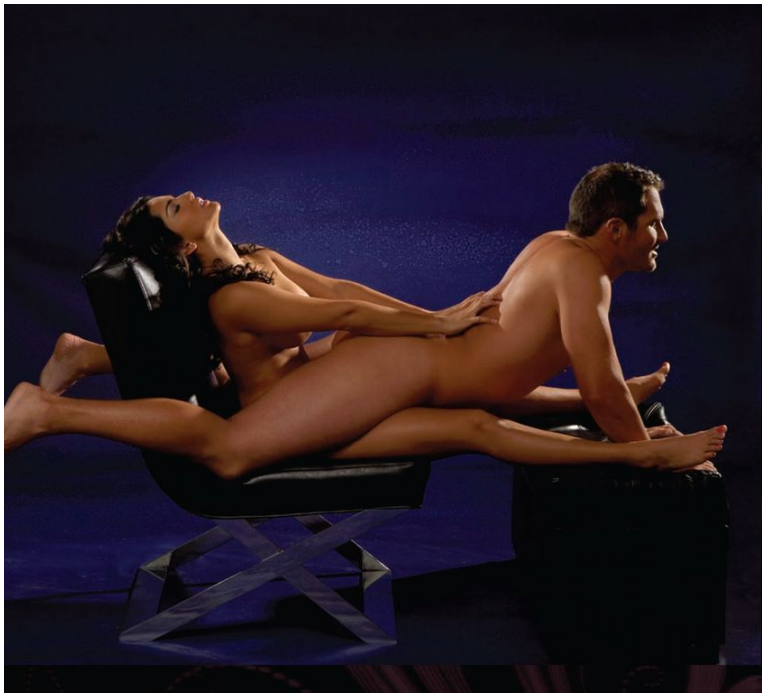
BACK UP

The fresh entry angle affords him a killer view of her pivoting posterior, giving him the opportunity to create all sorts of sweet new sensations. Hopefully he's a go-getter and will take the chance.

91

MARATHON

To keep him deep down inside of her, she should wrap her legs tightly around his hips and squeeze hard with her PC muscles. Her ecstasy grip will add some powerfully intense friction to his thrusts.



92

FLYING X

This crisscrossed, gravity-defying party trick will give both partners' orgasms a spine-tingling liftoff if they can master the high-wire act.

93

POGO

Having her feet on the bed allows her to pop up and down while he helps support her weight and holds her close to him and balanced upright above his stick

94

BUCKIN' BRONCO

This pose offers lots of leverage for red-hot riding. This means that both pardners can keep up a fairly steady rhythm without losing momentum as they gallop toward a real orgasmic round-up. Yeehaw!

95

GOLD STANDARD

There’s a reason this is a best-of-the-best oral-sex pose for him - it puts her in a comfortable position with full access, it allows her to adjust up and down to any angle and it lets him simply lie back and enjoy.

96

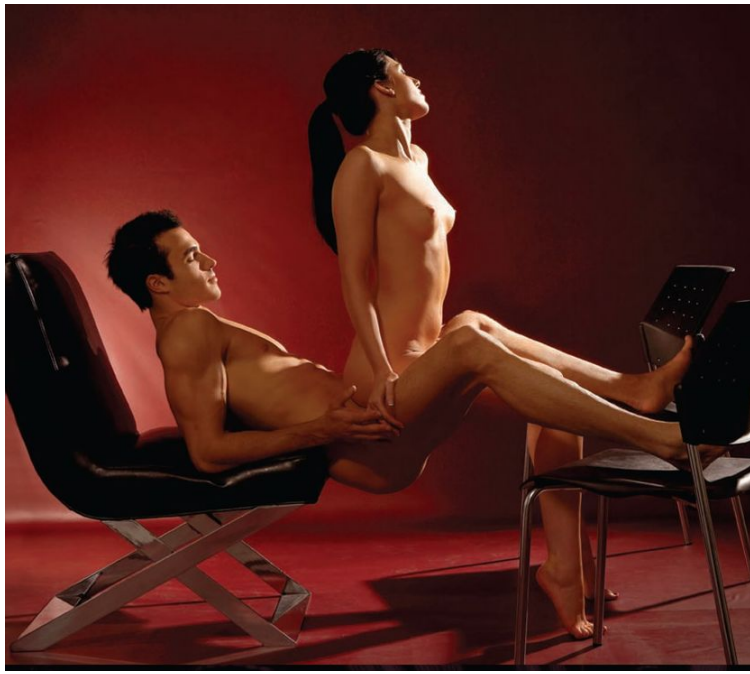
TWIN PEAKS

Stroking herself while doing the bump-and-grind gives twice as much titillation, which can launch her to an otherworldly orgasm.

97

FULL THROTTLE

She’s in charge here, deciding how fast she wants him to go - and come. He’s simply putty in her hands.



98

PIRATE'S BOOTY

She'll be happy that she walked his plank once his peg leg gets to work on her. The slight angular dip of his pelvis will make her feel like he is completely filling up her treasure chest.

99

VICE GRIPS

With his arms outside her legs, she can communicate an astonishing amount of information about her pleasure with a squeeze here, a push here and a final uncontrollable, suffocating constriction.

100

TWISTED EIGHTS

To double up the orgasmic delight, both partners should use ever-widening figure-eight motions so that he goes deeper and deeper in, rubbing up against her in long, sensuous strokes.

101

FETCH

No doggy has ever enjoyed playing with a ball more. Instead of being buried in a mattress or getting burned on the carpet. her knees get to sit on the soft, bouncy ball and, well, bounce!.

102

THE TEASE

This intimate position is ideal for deep eye contact and passionate kissing breaks as she builds and builds and builds his excitement.

103

TRAMPOLINE

This is a high-energy pose for the strong of heart (and arm for him) only. She should take care not to vault onto his groin with too much vigor, or she may end up breaking his bounce permanently.

104

CROSS OVER

Having him in a love grip with her thighs lets her control the in-and-out and leaves him free to use his hands to tickle, tantalize and torment her (in the most wonderful ways).

105

NAUGHTY RUMP

He gets the double-bliss whammy of the curve of her rear with an ultra-deep penetration, so even though the movement is limited, he won't miss it.

106

BOYS ON THE SIDE

He'll be floored by this pose because it has all the relaxed ambience of going side to side, while she'll be sent flying by its woman-on-top flavor, which puts her completely in control of the action.

107

OUT OF SIGHT

He just can't beat the vista when she's lying on her back. Her pose means that he can watch her taking care of (his) business and enjoy her curves at the same time.

108

STRETCH IT OUT

A deceptively active move, it takes strong arms for her to set the pace so he can use his hips to help with some of the heavy lifting.

109

SUN SALUTATION

Flex time is sex time. Enlightenment is great, but mixing some yoga stretches into their lovemaking is going to have more of an immediate, extremely erotic benefit for couples: earthly bliss. Deep breathing necessary.

110

ON THE EDGE

The more forward he pushes her body, the farther upside down she will find herself and the closer she'll be to the edge of ecstasy.

111

THE ANCHOR

One of the more creative positions, this pose can actually translate into hours of high-friction fun once they get the balance right. However, it takes plenty of arm strength to really reap the risqué rewards.

112

THE VIRGIN

Crossing her legs to one shoulder as he thrusts will create that oh-so-tightfeeling from the first time she ever had

113

TOUCH AND GO

When she sits on the side, it means all he has to do is reach in and let his fingers do the walking, dialing up her numbers to immeasurable heights.

114

SLIPPERY SLOPE

The opportunity for a help-yourself orgasm is what transforms this from a run-of-the-mill ride to an extremely erotic rear-end romp.

115

WHO'S YOUR DADDY?

Spreading wide is going to give him a vulnerable feeling that she should freely exploit by aggressively getting what she wants. A few added slaps to the back of his thighs should remind him who's who.

116

THE RAMP

She may look like she's just lying there and enjoying the trip, but utilizing the area off the end of the bed to move her feet up and down allows her to easily control the angle and depth of his landing.

117

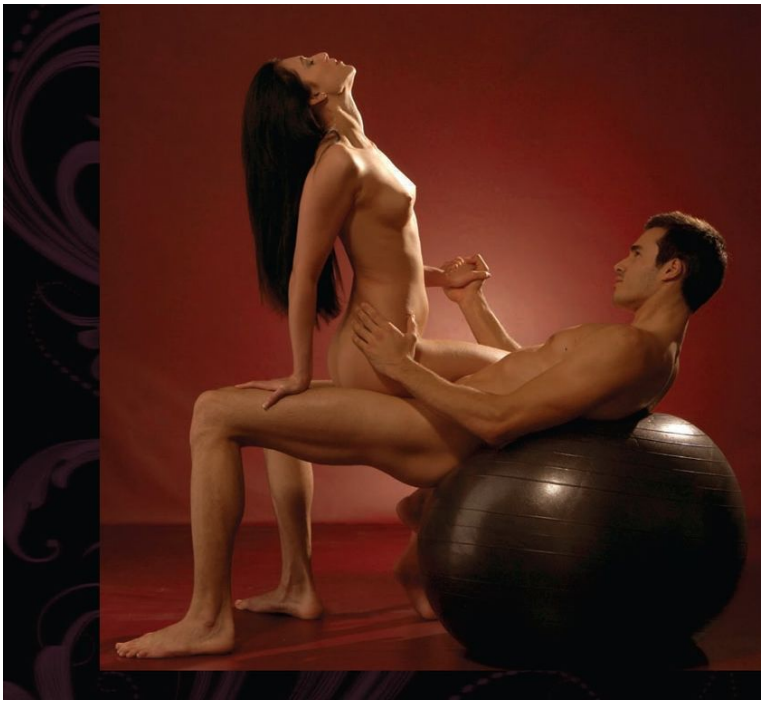
THE SLIDE

This is a tricky angle to master but it's worth it: the blood rush from her thighs is a heady aphrodisiac. She should make sure her neck is supported on his feet to avoid embarrassing-to-explain injuries.

118

THE STARFISH

When she lies flat with her legs spread wide, he can press in as deep as both partners desire without worrying about uncomfortable pokes to her cervix.



119

TAKEOFF

Planting his feet wide will give her the access she needs while creating a solid base so that the bouncing fun doesn't launch her in this oh-so-flighty pose.

120

THE PLIÉ

Spreading her legs wide apart lets her control the action so that he can dabble for a bit at the edge of her pleasure dome instead of going in deep right away.

121

DOGGY REDUX

In this slight variation on the classic hound pose, she lies flatter, which changes the angle just enough for him to nudge against her G-spot with his bone.

122

ON A DEADLINE

This is a handy pose for a quick passion grope during those late nights at work. If she is wearing a skirt and he does a quick unzip, then this quick hop-on-hop-off position can be performed almost fully clothed.

123

HIGHWAY TO HEAVEN

She'll need strong legs and flexible knees for this one, but when she takes over the thrust-and-grind, it leaves him completely free to focus his attention on the rest of her body.

124

HOLD THE PICKLE

The relaxed tone of this pose combined with its sideways angle takes the pressure off of him and his parts, making it a favorite for guys who are quick on the draw.

125

STARTING BLOCKS

By bending one leg forward, she gains a greater range of motion — including circular — while her straight back leg will produce added snugness that will have them sprinting toward the finish line.

126

DESK SET

Leaning in opposite directions transforms chair sex from common to carnal in a configuration that is sure to rub them both the right way.

127

THE “Z”

The closer he brings his knees to his chest, the easier it will be for her to pay some amorous attention to main accessory.

128

HEAD RUSH

This pose will give her a head-to-toe burst of pleasure as it increases blood flow to her head and changes her breathing pattern, mounting the feelings of sexual tension and arousal that a gold-medal orgasm thrives on.

129

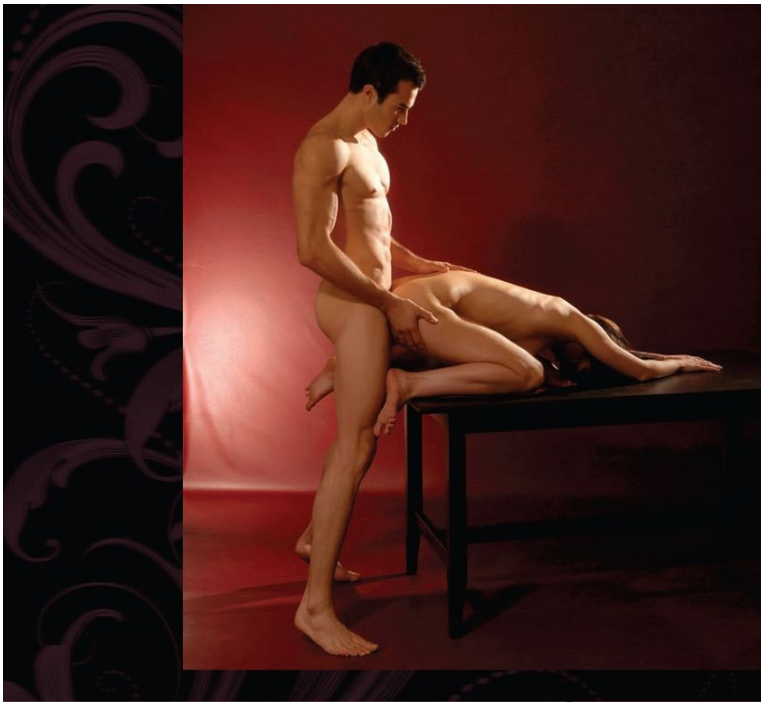
TIGHTEN THE SCREWS.

It may look like a trust-building exercise, but when she clamps down tightly around him with her PC muscles, it is guaranteed to bring their tryst to a sweet, speedy conclusion.

130

DOUBLE DARE

This pose makes it easy for him to manhandle her, but his bad-boy behavior may just break her concentration on him!



131

REAR END

This passion pose in unusual in that it is deeply relaxing for her while still giving him a pleasurable panorama of her posterior.

132

SPORTS FAN

If she has the stamina to pull this off, this position creates an incredibly snug fit, and the clear view means he can watch the game at the same time. He just needs to make sure that she also scores.

133

BELLY FLOP

This relaxing pose is incredibly comfortable for both partners without losing any of the pleasure — the angle is nearly perfect for him to go in deep and scorch her inner hot spots.

134

SKIN FLICK

Side-by-side positions give both partners plenty of scope to massage and stroke each other — the total skin-an-skin contact is sumptuously steamy enough to put them both in a moan zone.

135

THE CHIN REST

If she props her chin on her fist, with her pinkie pointing down, she can use a finger to put pressure on his perineum (the magic bit of flesh between his balls and bottom). Be ready, since he's likely to hit the roof.

136

TANTRIC CUDDLE

This is a sweet, slow love lock with lots of maneuver room for head-to-toe massages and out-of-this world orgasms.

137

ON A TILT

The fun begins when he leans back, crushing their groins together in a hot, juicy mash. She needs to push back so they don't roll away from the wall while he controls the up-and-down bounce.

138

TWO-4-ONE

This is a great pose for her to take him to the edge and then surprise him by hoping on for a woman-on-top finale before he knows what's hit him.

139

PRIME TIME

This young and restless pose has both partners positioned face-forward in their most comfortable TV-watching chair with a clear view of whatever action is on the screen.

140

THE REV-IT-UP RUB

This woman-on-top/rear-entry combo gives her a better shot at ecstasy because she can easily pump her own O. He won't mind — in fact, many guys get fired up about a woman who knows how to self-service.

141

SPORK

Lovers shouldn’t worry about thrusting in and out with this pose. The pleasure is all in the pelvic muscles. A big flex isn’t necessary to feel the burn - small pulsating squeezes should do the erotic trick.

142

THE BUTTERFLY

It doesn’t take much to make the nectar-sweet sensations soar in this pose — both partners simply lie back and flutter their hips. The faster they wing it, the more intense the bliss.

143

HIDEAWAY

Being on top can make her feel on stage and oh-so-overexposed. Cuddling up close and holding his hands will give her all the fabulous feelings of riding him without worrying that she is under the spotlight.

144

MUTUAL OF O

This tit-for-tat pose ensures that he can reciprocate the pleasure and lick rings around her rosie.

145

THE SURPRISE

It’s this pose’s very sweet simplicity that makes it the only move they’ll need under their belt for when they want to slip away mid-party for a frisky frolic in a quiet corner.

146

SWORD SWALLOWER

She better be an expert to do this ultimate deep-throat position. He is in control of the thrusting, and the farther her head is over the edge of bed, the wider her throat opens to accommodate him without gagging.

147

THE CRAWL

It looks relaxing, but this is actually a fairly vigorous position that gives both lovers the opportunity to thrust hard against one another to experience the deepest It penetration possible.

148

THE WOW WOW

For this bottom-to-bottom bump to work, he is going to need thighs of steel or else give in to the impulse and simply sit on her, which should make for some very deep, meaningful sex indeed.

149

THE TUMBLER

By channeling her inner acrobat and arching her back, she gives him full range of motion to her entire love mat.

150

THREE-FINGER THRILL

A little firm, well-placed stroking can turn her cross-eyed with pleasur. He'll have to move fast to keep up with her racy routine.

151

THE MIXER

He can heat her up to red hot by gently rotating her legs back and forth, up and down, and all around as if he's stirring her. The move doesn't have to be anything big — a subtle spiral effect will be electric for her.

152

YAWNING POSITION

Tiny shifts in how each person balances their weight will change the direction of his dangle, bringing both partners to dizzying heights of pleasure. There is nothing both partners to dizzying heights of pleasure. There is nothing boring about that!

153

THE STALLION

If he has strong thighs, he can do all the lusty labor by clenching his pelvis rhythmically, gradually building up the intense sensations while she holds on tight and enjoys the torrid trot.

154

SIDEWINDER

Lying on his side adds an extra sensational slant to events as it lets her work the angle and slip in some extra handiwork.

155

SEATED WHEELBARROW

There isn't enough leverage for him to do much in the way of raunchy rubbing in this pose, so all of the amorous action needs to come from her clenching her posterior and PC muscles in tiny passion pulses.

156

THE HOOK

This clasping position is fabulous for inducing the sort of This clasping position is fabulous for inducing the sort of

157

STAND AND CARRY

She loves it when he carries her away, but not every he-man can sweep his partner off her feet. One trick is for him to lift her off a table, holding her up by her feet instead of her legs.

158

THE CAMEL

This position may look a bit awkward, but if she's fairly This position may enough to hold her own weight, his hands will be free to give her babelicious curves the added loving attention they deserve.

159

HOT SPOT

A wonderful way to ensure her blastoff is this position, which produces no friction inside but plenty of heat where she will enjoy it most.

160

TANTALIZING TEE-OFF

If she keeps her legs tightly together, he'll love the extra If she keeps her legs tightly feel every satisfying inch extra as he slides in and out of her.

161

BABE IN TOYLAND

Men hope that size doesn't matter; women are not so sure, But it's definitely true for vibrators — big or small, any energizer is fantastic for stimulating her all over and over the top.

162

LAZY 69

Side-to-side oral is the perfect pose in case either partner

163

THE TIPSTER

When she slides a few pillows under her head, she stops him from dipping in too deep without cutting back on any of his oh-baby-yeah pleasure

164

THE CARNAL CLENCH

Though this move offers megasensation, there isn't a lot of motion, so it's a prime pose for guys hoping to hold of off on climaxing or couples who want to relish the feel of each other's bodies.

165

HEISMAN

Bringing a ball in on the action makes for award-winning nooky — she can tease him with fast up-and-down-thefield action, then cut back and go for wide, circular motions.

166

ON A ROLL

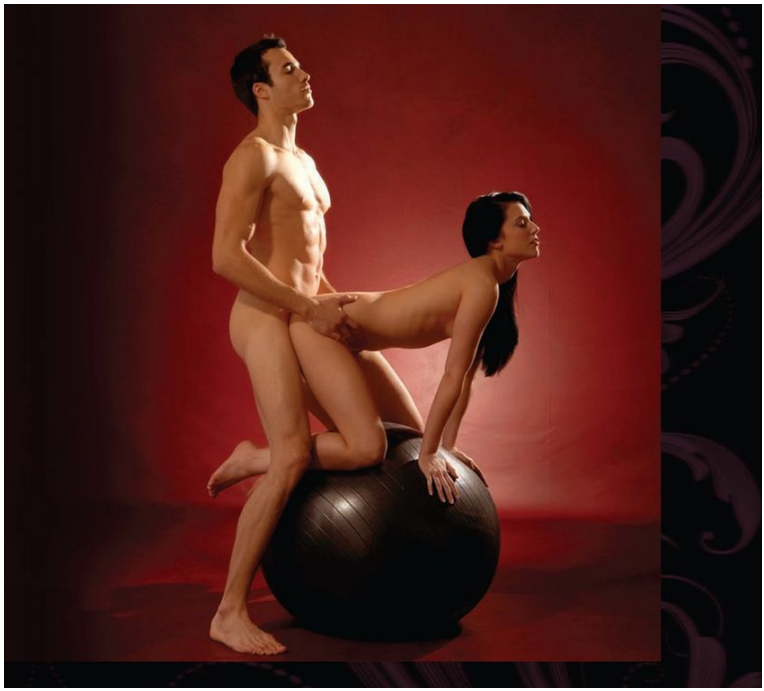
This superadvanced position uses an exercise ball to smooth out the usually bumpy ride that comes ball to her being on top, but slow, controlled up-and-down with her being on top, but slow, controlled up-and-down movements are best or she risks falling off.

167

THE SEXY BALLERINA

Raising her leg like this will make it easier for him to give some scorching

sensual support exactly where she needs it while he practices his glissades.



168

SHIMMY SHIMMY SHAKE

He'll need iron willpower to make sure he does all the moving while keeping her perfectly balanced atop the ball. Even one tiny push forward on her hips will send her sprawling.

169

THE KNEELER

She loves this position because she gets to balance herself over him just the way she likes, but he should be warned that she may practically suffocate him when she hits her moan zone.

170

BLIND SPOT

One blissful bonus of this from-behind position for her: Not being able to see him lets her fully focus on all her: tingly sensations going on behind the scenes.

171

THE CHEERLEADER

Give her an O! Give her an O! Goooooooo O! He'll need to work fast to bring this move to its climax, so he may want work fast to bring this move to its climax, so he may want to warm her up with a fingertip pep rally first.

172

CHAIR TRYST

It helps to hold on tight in this pose, but at least she won't knees buckle.

173

THE “V”

V is for victory in this deeply penetrating and satisfying move. Hip-hip-hoorowza!

174

THE SCORPION

She can add a sweet sting to this move by pinch-hitting with his bottom while he tries not to lose his balance

175

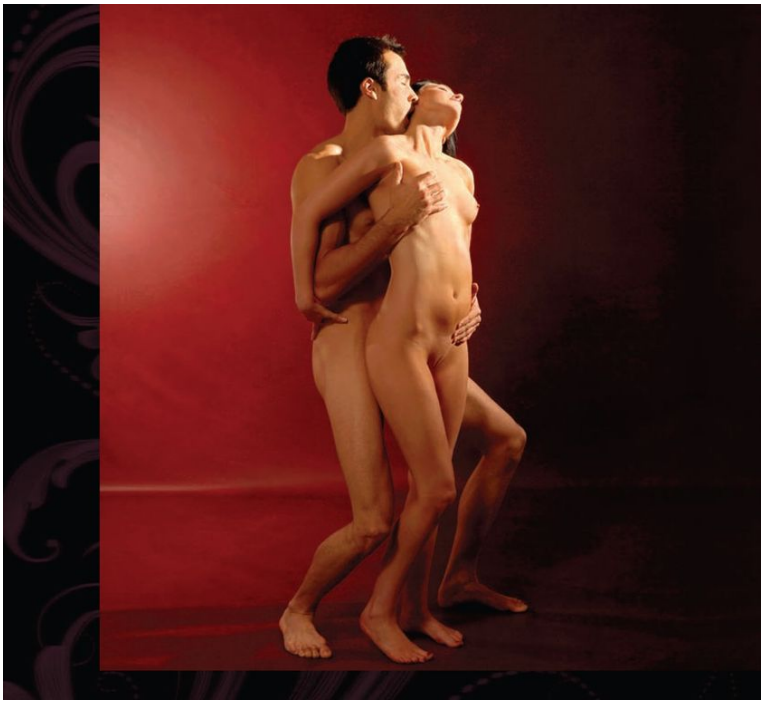
ELECTRIFIED

To hit her high note even faster, she can multitask - here, sitting in reverse cowgirl stimulates her inner back wall, while using an erotic electronic on herself adds plenty of instant all-over excitement.

176

DRAWBRIDGE

This pose is not for the weak, but if they can hold it, they will both adore the completely centralized sensation of their groins merged and grinding away against each other.



177

THE W.C.

Staying vertical is crucial to bathroom-stall trysts because it keeps naked flesh off questionable surfaces and is fairly easy to do in tight spaces.

178

DRIVER'S SEAT

Ignore the speed limit! When she holds his head and opens her legs wide, she gets to choose where to steer him while deciding exactly how fast or slow she wants him to get there.

179

TAKE ME TO YOUR LEADER

Even though she's on top, he's in charge. So she gets to relax while he takes full control to go as fast, slow or deep as he pleases.

180

THE PRAYING MANTIS

The upward tilt of her pelvis means his tool will be able pull double duty and rub her inside and out. He'll need to hold on tight because that sort of multitasking practically guarantees her a no-hands multiple O.

181

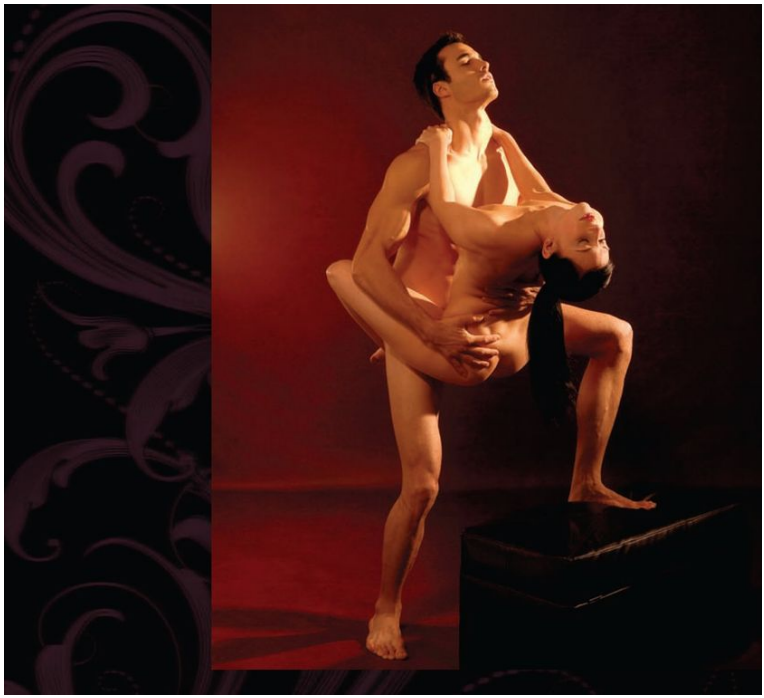
POSSESSION

This is a very erotic and intimate position because they can extend the passion with lots of kissing and touching. The longer the buildup, the more powerful and exciting the climax when they finally let go.

182

LITTLE BIRDY

She'll feel like she's flying when she pushes off from his thighs with total abandon, and he'll feel extremely grounded because the harder she presses, the deeper into her he goes



183

STEP UP

His raised leg will help support her weight so that their arms don't get tired before they reach the finish. A staircase is another ideal place to put this position into blissful action.

184

HOKEY POKEY

He puts his right hand in, he puts his right hand out, she puts both her hands in and she shakes 'em all about - that's what it's all about!

185

THE HIP LIFT

Once they have some serious momentum, she should surprise him by lifting her hips without warning so that he pops out. Then after hovering for a second she can move back down on him. Repeat as needed.

186

CHAIR LIFT

This scorching spin on rear entry is perfect for I-need-you-now quickies. The tension she feels in her torso from holding the pose means that she'll be on in big-bang fast track.

187

BACK DIVE

In this clever pose, she'll be able to revel in throw-thehead-back abandon while magically keeping them from thrusting off the end of the bed by locking her arms in place.

188

STRADDLE UP

The pleasure never stops - her bottom and breasts are just a short reach away from his groping hands with this pose.

189

FANTASY ISLAND

She can close her eyes and give in to the sweet sensation of being stroked as her imagination wanders - maybe it's that charming doctor or cute waiter or sexy VP from the Milan office or ...

190

TABLE TOP

Woman-on-top comes in handy for some impromptu hors d'oeuvres whenever their carnal appetite needs satisfying, and standing on the chair wisely keeps her knees off the hard wooden table.

191

HER MISSIONARY

This flip on missionary is comfortable and intimate, which makes her feel seductive and sensual and all but guarantees an earth-shattering climax. But beware- she may never want to just lie on her back again.

192

COURTING CHAIRS

Varying the location from bed to chair - or, in this case, two chairs - can be enough to pump up the beat of that same old song into a hot new boogie.

193

WHEELBARROW

Both partners can add to the excitement with this pose. While he supports her body and controls the main movement, she should arch her back to better thrust her groin against him.

194

THE BODYGUARD

Holding his legs helps her keep a regular romp rhythm while working in some just-happened-to-be-in-theneighborhood bottom caresses at the same time. Of course, he can also return the favor.

195

69 MASSAGE

With her on top in this 69 he can treat her booty to an erotic massage while keeping her legs wide enough to give him a great angle on her hot spot.

196

FOOTSIE

When she uses her feet to satisfy him, she's also arousing herself for the return favor. The foot-sensation area of the brain is next door to the region that registers the bliss-o-meter levels of the genitals.

197

WALK THE WALL

She may be lying down, but her stride will be the primary force in this pose. She can march her feet up and down his chest to adjust the angle of penetration until she finds the formula that works best for her.

198

RIDE ’EM, COWBOY

Lovers can create loads of feel-good friction in rear entry Lovers can create loads of bodies friction in rear entry may just need to hold on once she starts bucking.

199

CARNAL CLUTCH

Rather than just moving up and down, which can be tiring for her and leave her less time to concentrate on her own pleasure, she can try grinding forward and back, rubbing her groin against his.

200

THE BUFFET

This tasty move lets him have a sample of all she has to offer. Plus she can peek down at his hot plate, unless opening her eyes combined with the blood rushing to her head makes her too dizzy with pleasure.

201

LONDON BRIDGER

If she’s apprehensive about being on top, they can try this smooth maneuver: while lying on the bed in a tight, canoodling embrace, they simply roll together so that - voila - she’s riding his upper deck.

202

ROCK, PAPER, SCISSORS

Although it looks twisty to get into, this is actually a fairly relaxed pose, but one with little room for movement. The lusty sensations will result from short contractions of their inner thighs in unison.

203

RAUNCHY WRESTLER

This is not a hold than can be maintained for long, so wait until the final round. They will need to plant their legs firmly to get enough lusty leverage for strong thrusting.

204

MIDAIR DOCK

Lying sideways at the end of the bed with her legs spread into space really opens her landing pad. He should work his hips back and forth as well as side to side to crash-land on her sexiest spots.

205

AIRPLANE

The deep, intense penetration of this up-in-the-air pose will send her spinning into the stratosphere, no air bag required.

206

REVERSE THE RIDE

The simplest positions are often also the best ones, losing nothing on the pleasure front just because they're easy to do. In this turned-around cowgirl configuration, all both partners need to do is close their eyes and feel the love.

207

SIT-IN

Each of them are firmly grounded in this pose, so it's the perfect opportunity to bend, reach and twist to anywhere on the other's body and ignite that spot with light, fluttery, barely there kisses.

208

HEAVEN KNOWS

With their bodies totally bonded, they should go fast enough to get their hearts beating but slow enough that they will each feel the other's pounding away.

209

TWO-HEADED SNAKE

She'll think that his genitals have sprouted an extra helpful organ when he gets his hand in on the act.

210

LADIES' CHOICE

In this dual-purpose pose, he can slide in her front or rear end. It might take a bit of practice to get it right, but hey, who's complaining? She can wiggle around until it feels oh-so-right.

211

THE LUSTY LIE-IN

This low-energy carnal cuddle is perfect for those lazy days when one or both partners want some extra tawdry action that is outside of the bedroom, but without the athletic effort.

212

EASY RIDER

The easiest way for him to slide in and out when she's on top is for her to rest against the bed for support and lift her body up and forward so that she can push back down the bed opposite his thrusts.

213

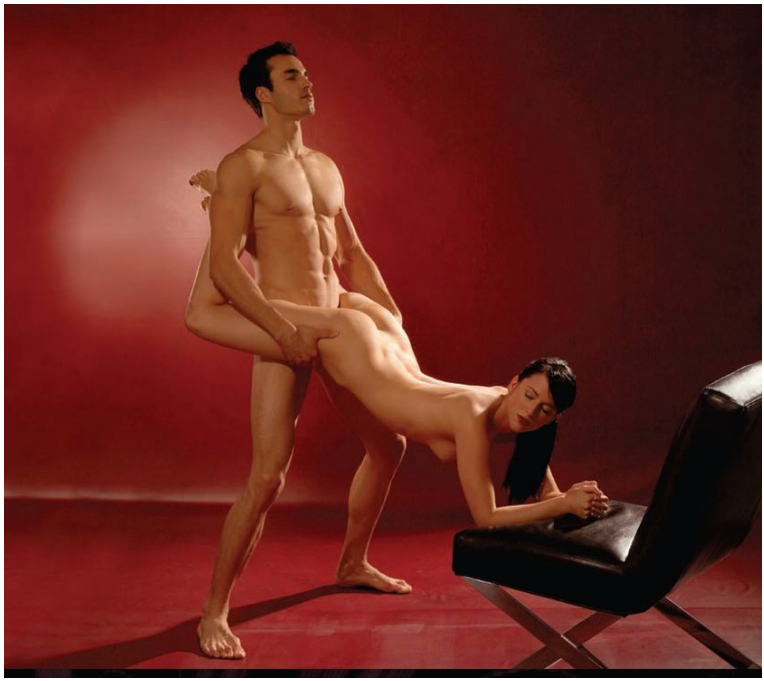
HULA GIRL

He has plenty of room to maneuver in this pose so she can gyrate her hips side to side to create her private orgasm dance.

214

SINKHOLE

Sitting on his feet and wrapping her legs around him allows for some of the deepest penetration while also lifting and fully opening her for some added manual stimulation.



215

TWIZZLER

If he can rub his belly and pat his head at the same time, then he will be able to swivel her hips in tiny circles while he rocks back and forth, ensuring a mind-blowing climax for both of them.

216

GOOOOOOAL!

He can make the springy surface work for him by thrusting his tailbone back when she bobs up. The rebound bounce makes a surprise impact on her love rebound bounce makes a surprise impact on her love button.

217

SPIDER

When he’s on top, he can push too hard. By keeping her legs bent, she can push up with her body to let him know A when he’s coming on too strong.

218

THE CUDDLER

This is a slow-building, easy-orgasm position, which means there's plenty of time for him to whisper which or nasty -things to her while nibbling her lobes.

219

SWEET SEAT

This unusual and challenging twist on the 69 pose is sure This unusual and challenging twist on the 69 but is will only enjoy it if the chair has plenty of padding since there will be a lot of pressure on her shoulders....

220

THE CORKSCREW

The tight angle of this pose combined with the pressure to pop her cork.

221

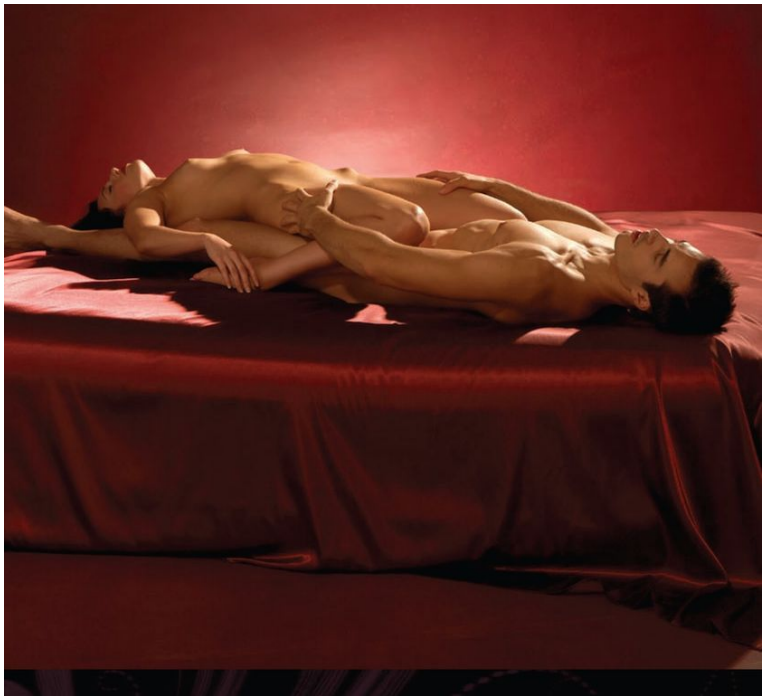
AVALANCHE

To stop her from falling flat on her face, they will need To stop her from falling flat regions extra they will need she feels herself slipping, she can use her legs to squeeze tight and keep the carnal connection.

222

BIG WHEELBARROW

Pushing her back and forth as he plows her field will Pushing reap a raunchy as he plows her field will



223

THE “Y”

For this move to work, they’ll need to hold strong to each other’s bodies to stay together. On the plus side for his hand has easy access to the action area.

224

THE FLOWER BUD

This oh-so-intimate version of woman-an-top works in to caress and lock lips.

225

THE CLIMBER

They can spot each other in this challenging pose, taking They rocking their hips back and forth (although as the tension of their amorous ascent rises, they will begin moving as one in a blissfully orgasmic blur).

226

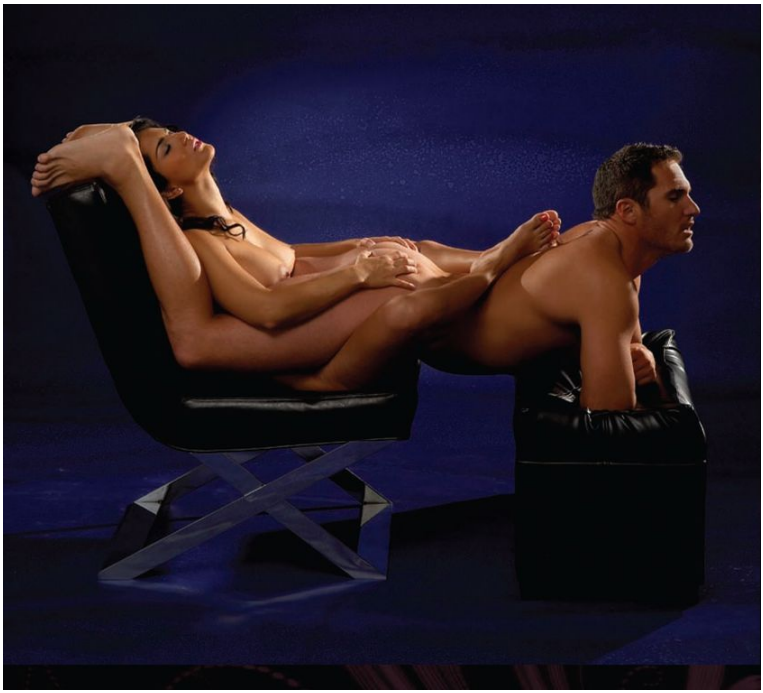
DOWNWARD DOG

The downhill angle of this LOLOX4 a moanbreathing to hold off “ohming” too quickly.

227

COOL HAND LUKE

He loves when she's on top and he can play with her breasts: but in this pose his hands stay busy creating heat by moving her body, so she gets to thrill them both by playing away with her hot little hands.



228

ROW, ROW, ROW

This is actually a fairly cozy pose that will rock both his and her boats, with tinY thrusts of both partners' hips propelling the action.

229

THE TIPPING POINT

Balancing acts are a great way to add an exciting edge to erotic play. The thrill of feeling the chair rock precariously with every thrust will send their adrenaline levels skyrocketing.

230

GET INTO THE GROOVE

She is well-balanced to play with different rhythms, so she can move her hips in to steady circular motion or jig she and forth to make him work like a probe seeking to reach all of her pleasure zones.

231

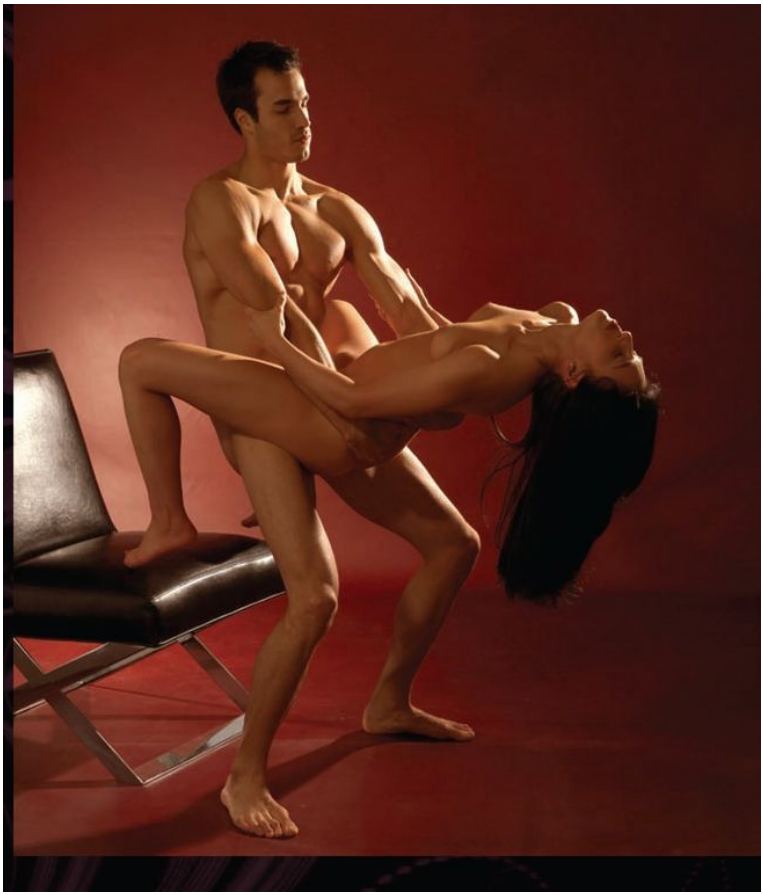
ALL HANDS ON DECK

He will turn her to putty with this two-handed massage trick. Gently pressing on the secret hot spot about three inches below her belly button helps boost blood flow for a yowza effect on the whole pelvic area.

232

FRONT AND REAR

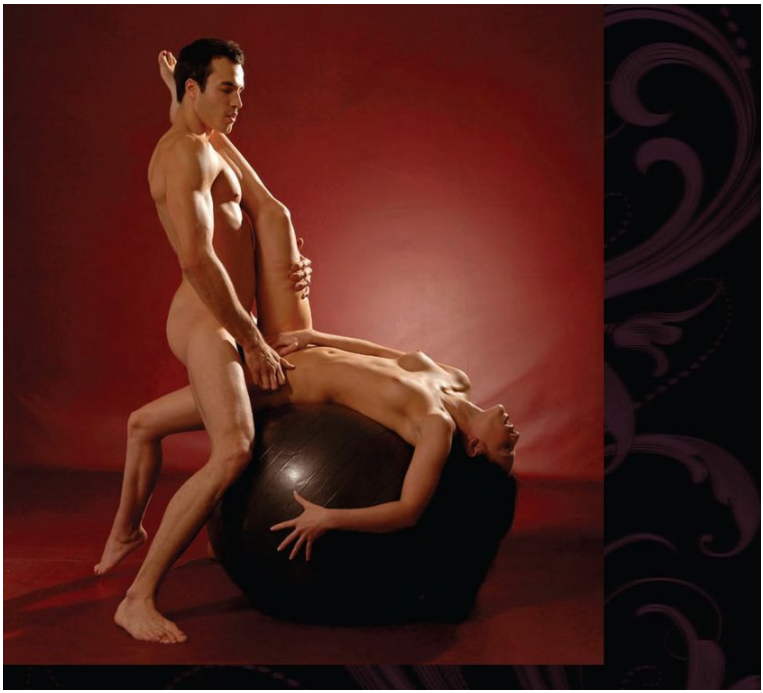
The tricky angle is worth it when it means that he can The tricky angle is worth it when it means that he can and rear.



233

THE SWING

The sexy sweat, the revved-up rubbing, the frenzied friction, the plunging penetration, the passionate pressure, the racy rhythm — these are all key elements of sexual combustion.



234

TANGO

The chance for overloading on skin contact makes this The chance for overloading on skin contact makes this support her as she arches her body upward gives him the extra-smoldering view of her ecstasy.

235

REVERSE JOCKEY

One reason she should straddle up: When he's on top, he has to support his straddle he doesn't crush her, but when she's the rider, he can relax and savor every sensation, which makes him very, very grateful.

236

PASSION PRESS

When a couple is not within the same height range, the best way to get it together on the run is for her to the on something. Pushing . her legs together will reap big climactic rewards for both partners.

237

DOING LAPS

Rather than working with the motion of his ocean, pushing down hard against him with her hips will give her the firm pressure she needs.

238

LUST LESSON

He will find it totally wanton when she acts like his tawdry tour guide, taking him downtown on a trip of exactly what kind of strokes make her vocal.

239

SCREW

The name says it all. This is one thread he can't strip even if he gets overexcited, so he should swirl her hips in small concentric circles, going faster and faster until he hammers her home.

240

OVER THE EDGE

Dangling her leg in everwidening circles guarantees the sort of buzzy vibrations that will make them both want to come back for more and more.

241

THE DOWN LOW

Leaning her upper body forward as low as she can go has the double-whammy effect of pumping her G-spot while giving him a lewd look at her private parts thrusting against his.

242

BLIND LOVE

Every caress and touch is that much more intense when she can't see what he is about to do. He can up her anticipation with surprise moves such to unexpected licks, kisses and caresses.

243

BOOT IT UP

Usually rump romps are tightly bent affairs with both partners in extreme embrace to make the fit work, but in this pose, the creatively arranged furniture frees their movement for a very different experience.

244

THE LIFT

All it takes to boost the basic missionary out of the same-old, same-old is a simple leg lift. The higher she inches up either leg on his body, the steamier things will get.

245

SIDE SLIDE

While this pose couldn't be hotter, it's not the easiest to put into action. He will need to have very strong legs to support her extracurricular activities, so she should work hard and fast at pleasing him as well as herself.

246

PICNIC TABLE

Enjoying some outdoor excitement doesn't need to be a dirty affair. This rear-entry pose creates a pleasingly snug fit, and they can get into it without even dropping their jeans below their knees.

247

LAUNCH PAD

Lifting his legs high in the air puts him in a completely exposed pose that's perfect for hitting all the points on his rocket booster — his bottom, testicles, perineum and shaft. She should be prepared for instant liftoff.

248

MUSICAL CHAIR

With her feet on the ground and his hands pushing up on her bottom, this is the easiest face-sitting position for starting and stopping. She should sit, stand, sit. stand., until she is teased to an orgasmic crescendo.

249

PUSH-UP

He'll need a lot of power in his arms to keep the thrusts turbocharged in this high-energy pitch on rear entry.

250

HANDRAIL

The key to making standing rear entry work is all about matching heights — lifting her leg high helps turn this tricky position into a point-and-shoot moment that's perfect for an on-the-go quickie.

251

HOT CROSS BUNS

Rather than a straightforward in-and-out, she should rock gently backward and forward while he swivels hips in small circular motions to pump up the pleasure.

252

ON THE SPOT

The whole landscape changes when she turns her back to him, so although he has a hard time hitting all of her inner hot spots in most other positions, he will have a hard time missing them in this one.

253

HORNY HORSEY

This position is all about mega deep penetration, so it’s best to have a well-oiled saddle before he starts riding.

254

OFFICE PLAY

To earn his end-of-the-year bonus, he should keep her tilted forward and move her hips in a circular motion. If her legs aren't long enough to straddle him, she can gain a few extra inches by keeping her high heels on.

255

TRIPLE X

For some X-rated action that adds a whole new level of lust, he can massage her breast and nibble her ear while she lends a helping hand to what is already a scorching pose. You go, girl!

256

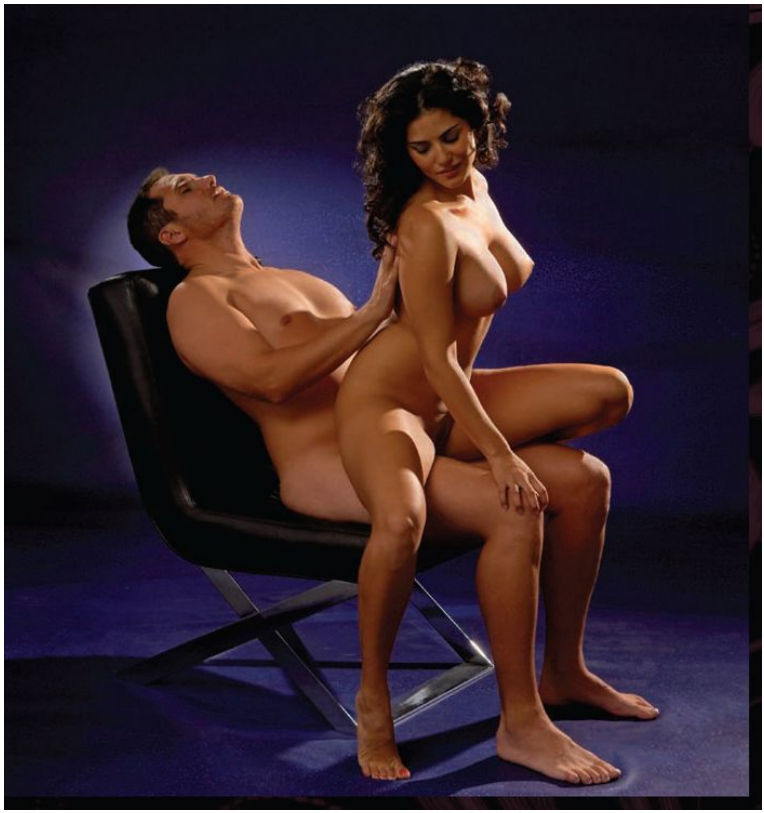
HIGHER PLANE

She will feel like she is floating on a cloud even before her orgasm — she can lie back, breathe deep and let him rock her to ecstasy.

257

THE PIN-UP

She'll give him a standing ovation when he presses her up against the wall and pays homage to what's between her legs.



258

THE DUMBBELL

Twisting her torso back and forth can turn their love session into a lusty workout, whittling her waist while pumping up his favorite muscle.

259

THE MAGIC SLIDE

It’s all in the angle of the legs - the higher she raises them, the bumpier her ride. He can add a few moguls and tilt against her in all of the right places by rocking back and forth instead of pumping up and down.

260

LOVE BUG

With her completely hidden from his view, this position is his opportunity for a hidden from As she provides the physical pleasure, he should let his imagination take flight for the ultimate mental stimulation.

261

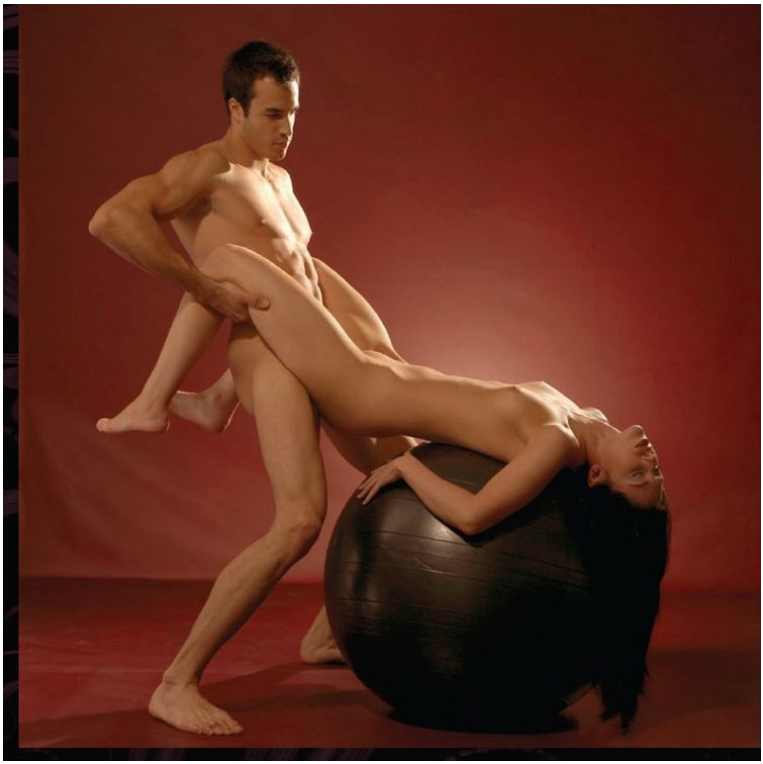
BUTTERFLY IN FLIGHT

With her legs spread ceiling to floor and his back leg providing ample leverage, they are sure to experience plenty of fast-fluttering action in this position.

262

HOT SEAT

The sight of her naked on his lap and pumped up with passion is guaranteed to make him go ga-ga. She should go with the vixen vamping and exaggerate her movements while moaning loudly enough to wake the neighbors.



263

NUTCRACKER

She should squeeze her thighs together to press his groin into a stiff holding pattern for a snug fit that will help keep the balance - it will also make him seem bigger and everything feel deliciously tighter.

264

ON THE LEVEL

If there is a huge height difference, a footstool or stairs will even things out for standing sex without him having to support her weight (making it ideal if he - or she, for that matter-hasn't been to the gym recently).

265

THE ARCH

Holding herself slightly elevated gives him a target worth shooting for. As he fires away, she is free to slant her back so his upward thrusts hit just the right spot.

266

FULL EXPOSURE

Leaning back will show off her full-frontal assets to their best advantage by making her stomach look flatter and her breasts perkier.

267

SLOWLY DOES IT

This kind of carnal connection isn't about insta-orgasm, it's about savoring every sensation. Partners can cuddle up in this pose and glide their hands over each other's bodies to uncover new pleasure points.

268

THE THRONE

In this royal position, the king and queen can share power by taking turns controlling the movement. She can rock for a while then stop and let him do some thrusting. It works great as long as only one partner rules at time.

269

SCREW IT TIGHT

This pose creates a really snug fit, making it just the thing for when she craves a supertight fit or when he's on the small side (not that she'd ever tell him).

270

REVERSE COWGIRL

Even though she's the one who decides how hard and love tap if she slows down to a trot when he's looking to gallop.

271

THE BALL BOB

The tasty promise of a little lip-ercize on a stability ball is sure to keep any couch potato committed to their workout plan (she may just want to slip in a few toe curls).

272

THE ULTIMATE HUG

With her arms and legs locked around him, they can't get any more up-close and personal. What is lost in free movement is more then made up for in longing looks and deep kisses.

273

THE GO AROUND

She can swivel her leg over him to twist in an around-theworld raunchy rotation that may leave him never wanting to get up again.

274

69

As the saying goes, it's better to give than it is to receive... but when it comes to sex,it is much, much better to give and receive at the same time!

275

THE SHOULDER HOLDER

Any time she raises her legs, it narrows her love canal and puts her in perfect position to control how he stimulates her G-spot. The “so-what” is that her orgasm will be peelher-off-the-ceiling wonderful.

276

SCISSORS

He opens and closes her limbs with every thrust, stretching her from pleasingly wide open to totally titillating tight. From deep to squeezed, each stroke will give her something new to moan about.

277

MILE-HIGH CLUB

This is a sweet pose for making love in tight quarters like she tucks into his lap and lets his capable hands move she tucks into his lap and lets his capable hands move her just right.

278

LADY IN WAITING

Not for a shy girl, this extremely wide-open position has loving attention he is able and willing to give her.

279

THE FUSION

Because they are connected at the groin, this pose calls for subtle squeezes to keep their bodies merged as one.

280

THE SPOTTER

Both partners will discover some new O-zones when he lifts her leg and adjusts the angle of penetration.

281

HOT-SPOT SUPERHERO

By opening herself up in this way, she can help her superman tantalize all of her pleasure zones.

282

WATERSLIDE

He should hold her firm enough that he not only slides her back and forth on his spout but also helps support her weight so her arms don’t collapse before splash down

283

THE TENDER EMBRACE

As he pumps and enjoys the action shot, he can look up at her face and take in the bliss he's bringing her. Then at her face and take in all the bliss he's bringing her. Then he'll want to do it again...and again...and again....

284

CANINE CANOODLING

Doggy position is an all-purpose move no matter what size he is — the angle of the dangle means there is never any danger of him slipping out, no matter how hot and heavy the action gets.

285

UP-CLOSE AND HOT

This hybrid pose gives plenty of opportunity for soulful eye gazing while losing none of the raunchy rewards a good pelvis grind reaps.

286

NECKING

He should look for erogenous zones all over her body. His kissing, licking and nibbling on her neck will greatly amplify the clitoral stimulation to give her an oldfashioned, drive-in movie petting session.

287

DEEP DIVE

Classic rear entry is a fairly tight pose, but if he wants to fish in even deeper waters, he can grasp her hips and pull her in toward him.

288

PLAY BALL!

With its soft seat and open access, an exercise ball can be a great sex chair. But watch out for the bouncel If they are not careful, his bat might go a few innings deeper than she expected.

289

BOTTOM JIG

Her booty is practically begging for his touch in this primo posterior position.

290

LUSTY LAUNCH

The extra tension of pulling in opposite directions will add a thrilling tension to their thrusts. If they keep the hold until liftoff, it will add a turbocharged surge to their climax.

291

ELEVATED JACKHAMMER

The name says it all. With the old jackhammer, he controlled the speed, depth and force of penetration. Now she meets him halfway to double the power-tool pounding.

292

BELLY DANCER

This totally tingly pose gives both partners plenty to get excited about. He can easily stroke and caress her as she gyrates her hips in soft circular motions, literally seducing him with her body.

293

BEACH BONFIRE

When they don't want to get sand in intimate places, she can keep things clean by leaning over and holding her legs to brace herself. He needs to hold her tight as they hang ten, or she'll do a face-first wipeout.

294

WORLD'S STRONGEST

He'll needs legs — and a will — of steel before attempting this one or else he might drop her as she makes him weckat the knees.

295

G-FORCE

This on-the-back maneuver guarantees a direct hit on her G-spot, but his limited range of motion means she will need to do the pumping to avoid going into a free fall.

296

RISE AND SHINE

This one is so easy, they will want to do it again and again. The snug fit will create waves of pleasure for both of them. If she wants to change the sensation, all she has to do is open and close her legs.

297

LOCK AND LOAD

Keeping their legs together tightens the grip and boots the sensations for both partners — ready, aim, fire!

298

MAN TRAP

His pointing device naturally finds all of her pleasure spots in this pose, so she'll want to give him complete and total access to her love snare by sitting hard and clenching her groin.

299

UP AGAINST THE WALL

Sitting while he stands lets her use her whole body to move her mouth back and forth on him without tiring out her neck.

300

MISSIONARY

Call this one the sexual equivalent of a favorite pair of old jeans — comfortable, familiar and easy to dress up or down. Even a simple act like squeezing their pelvic muscles as they push in and out turns this pose red-hot.

301

THE CRANKSHAFT

While they may not be able to keep their motors running all night in this tricky pose, her turbocharged front-toback, side-to-side and up-and-down driving guarantees they'll both explode before her engine blows.

302

68 HER

Instead of trying to do two things at once, in this almostbut-not-quite 69, she can teasingly watch his excitement grow while being entirely caught up in her own blissfest.

303

DEEP IMPACT

This athletic reverse rear entry creates plenty of scope for him to move deliberately, slowly and to the exact depth she enjoys (until his legs give out!).

304

LEANING TOWER

In this pose, he'll get off on being the king of her world while she'll get a head rush — literally. The blood racing from her pelvis to her head heightens his thrusts, creating deliciously dizzying sensations.

305

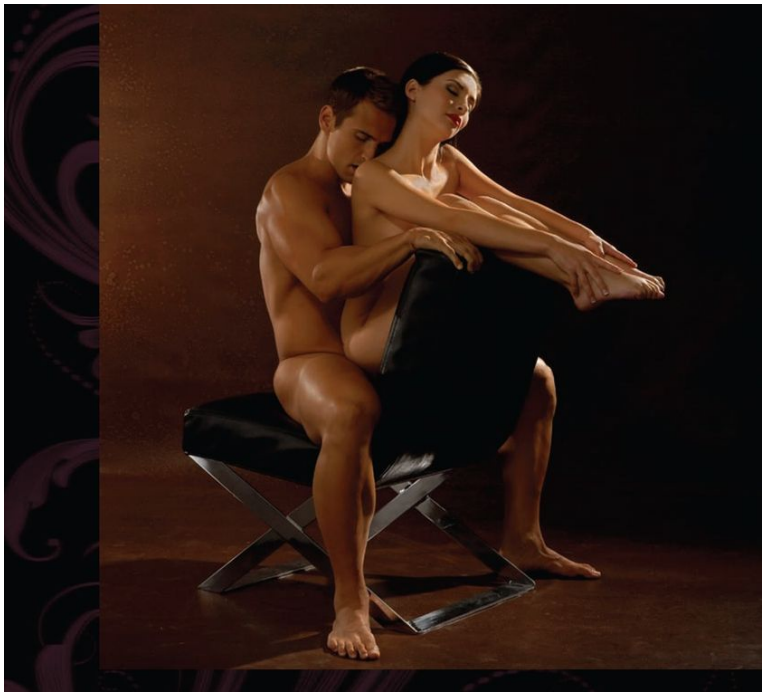
69 BACK

The bottom isn't the wrong hole. It's actually packed with sensitive nerves just begging for a good licking. By pulling her legs back during classic 69, he has full access to her backfield.

306

RUB DOWN

Forget the spa! She can treat herself to an erotic massage just by pushing up and down against his body. When she's ready for more then a rub, they don't even need to change positions.



307

THE STRADDLE

An extremely creative and somewhat challenging seated move that rewards her with wonderful friction as he pushes her up against the back of the chair.

308

HANDY 69

Trying for mutual orgasms is fine, but it's not a problem if one partner's O makes an early curtain call. It will raise the excitement for the second partner, who will soon be applauding even louder and yelling for an encore.

309

THE SITTING CAT

This version of the CAT will snuggle their pelvises together in a way sure to make them both yowl with pleasure, and the extra exposure means that she can also work in some extra purr-fect strokes.

310

HOT AND SPICY

Spicing things up by adding a few naughty moves of her own — a single leg lift and a butt squeeze — to classic man-on-top will get his groin doing a salsa on her most man-an-top will get his groin doing a salsa on her most sizzling spots.

311

THE X FACTOR

The downward angle of his equipment in this pose will keep wonderful pressure on her front wall, but he may need to keep a handle on things to make sure everything stays in place.

312

FIGHTER PLANE

She can lean back on a pillow for support and let him do all the work, moving her hips to grind her love bits against his pelvis as he takes her in for a bumpy landing.

313

BE SEATED AND BESOTTED

This easiest of chair positions leaves each of their hands free for the ideal opportunity to titillate each other's pleasure-receptive nipples.

314

THE BICYCLIST

The connection between both partners will be oh-so-intimate as she opens herself up to being completely exposed to his penetrating gaze.

315

THE VIBE

Using a vibrator will definitely amp up the action, but he shouldn't limit the buzz to her love triangle. Working up and down the ultraresponsive nerves on her inner thighs will keep things humming along nicely.

316

DUET

Unlike typical rear-entry action that can leave both partners feeling disconnected, pelvises, thighs and hands touch here, making this move much more intimate and sensual.

317

ANYTHING GOES

It's hard to find a way for him to gain rear entry while still making eye contact with her. In this pose, he can look to see if her eyes are saying "yes" to some anal play before entering through her back door.

318

LOVE PUMP

Working his legs like passion levers, she can raise them high to get some power on the front region of her pelvis or lower them to work her back patch.

319

THE PANORAMA

Men will looooove the eye candy that this all-access position offers. Watching her breasts bounce as she jiggles her hips is like a favorite scene out of a (high-quality) porn movie coming to life.

320

KISSING THE PINK

Most men do wrong by her when it comes to oral sex because they go for a head-on tongue-kneading. Keeping him a bit at bay and having him stick to light kisses and side licks will produce a sweeter result.

321

THE ACROBAT

Balance is definitely required for this high-flying pose, and a safety net may also help for postorgasmic plunges.

322

THE BIG BOUNCE

Using a stability ball as a love prop can produce bodyrockin' sensations. With him sitting tight. she can bebop her hips with wild abandon, adding a slinky spring to their ultimate sendoff.

323

LAY, LADY, LAY

Despite the lack of eye contact, making nookie doesn't get much more up-close and personal than this. Since they're so close, he can use her front or rear door to visit.

324

BENT SPOON

This is a nice middle-of-the-night pose for adding some spice to their dreams. It's easy for him to slide his leg in between hers as they spoon together in bed and enjoy a dozy cuddle.

325

HAPPY HANDS

If she is left longing after the actual deed is done, he shouldn't be shy about fulfilling her cravings with a little hands-on attention.

326

RAISE THE MAST

To take a bit of pressure off his pelvis, she can lean slightly forward on her thighs — he won't complain if her hands just happen to slip down onto his lower deck.

327

UPWARD DOG

With a slight arch of her back, the basic shaggy-dog pose becomes something to really howl with pleasure about as he pushes against the ultrasensitive front wall of her vagina with every stroke.

328

THE HEADLOCK

He better do everything she says and fulfill her every desire once they get in this pose, otherwise there's no telling when he will be allowed out of her leg-and-arm wrap.

329

APHRODITE'S DELIGHT

Many women get performance jitters over the thought of giving a helping hand during sex, when in fact the sight of her adding fuel to their bonfire is a sure-fire way to burn him up with lust.

330

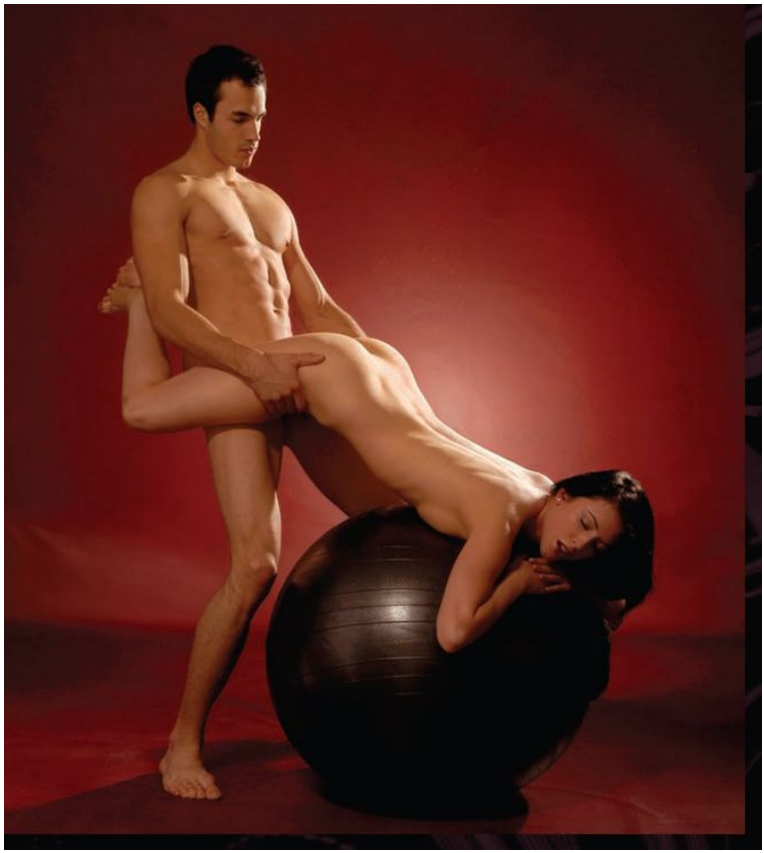
STAND AND DELIVER

There isn't much for him to do in this pose but lean back, hold her up and deliver the goods. The sexy spin for her is that she can pump her legs against the wall to get him to visit all of her pleasure spots.

331

DIRTY DOGGY

This angle puts him in a great spot to kiss ass. If he further needs to supplicate himself, he can slide his hands between her legs and make her beg for mercy.



332

ROLLING WHEELBARROW

With his feet grounded and his hands firmly holding her, this is one of the most stable of ball positions and thus lends itself nicely to all sorts of hot hip-hiphoorays - shakes, circles, rolls, thrusts and much more.

333

HIGH IN THE SADDLE

She’s angled just so to give her hot spot the direct contact it craves. To add to her pleasure party, he can double up on the stimulation by slipping his hand in between her thighs.

334

HEAD BENDER

This is an athletic position that requires him to have very strong legs. Spreading her legs will give him better access, but only if he can hold a knee bend that lowers him down to her entry point.

335

FLYING MISSIONARY

The limited thrusting power of this pose is compensated by the very deliciously direct and deep penetration.

336

FOOT IN MOUTH

Giving plenty of kissing and tongue-massaging attention to her feet during sex can be even more orgasmic than buying a new pair of shoes.

337

LEAN-TO

Sex from behind is usually completely in his hands - or rather, hips. But by simply hooking her legs around him, she manages a carnal conquer and takes control of the pace and depth of penetration.

338

DINING AT THEY

Pull up a chair directly between her legs and he'll be ready for lunch at the hottest diner in town. He'll have his hands and fingers free, so he should use them to help provide pleasure across her entire plate.

339

TRICK OR TREAT

The trick here is for him to use an up-and-down motion instead of his usual back-and-forth thrust to create some new body-to-body friction. The treat is in how sweet it will make them both feel.

340

THE ROCKER

Instead of making the common mistake of working on just that one popular spot, he can sway her hips so his tongue reaches every part of her landing strip from front tongue reaches every part of her landing strip from front to back.

341

THE “X”

Slow, leisurely movements will provide enough to make up for the lack of thrusting power in this pose.

342

EVOLVED DOG

Although not for everyone, this extremely erotic act has him wagging her tail. When she can't wait another she can always reach down and help herself or, of course, sit down on his bone.

343

ROLLER COASTER

This ride should make her scream with pleasure. She can heighten the thrill by closing her eyes and letting his every thrust, stroke and touch surprise her.

344

A LITTLE ON THE SIDE

The beauty of coming in sideways is that he will stroke her in places not usually reached. To max out on the pleasure, he can alternate between wide, circular motions and deep, up-and-down thrusting.

345

CRUISE CONTROL

He shouldn't just sit back and enjoy the ride- as muck as she loves controlling the pace when she's on top, it'll feel twice as nice when he helps out by holding her hips and gently pulling her back and forth.

346

FLAMINGO

Staying in bed doesn’t mean she needs to give up her favorite straddle. She won’t have as much range of motion with only one leg on the ground, but this pose will still hit those familiar pleasure points.

347

MAN OVERBOARD

Neither partner will have to do much in this deeply relaxing pose. To experience a wake-up burst of pleasure, she can rhythmically raise and lower her feet off the floor.

348

THE SPEED RACER

When she's in the driver's seat, it's a cinch for her to stop rubbernecking and take the libidinous lead so she doesn't need a to wait for him to green-light her climax.

349

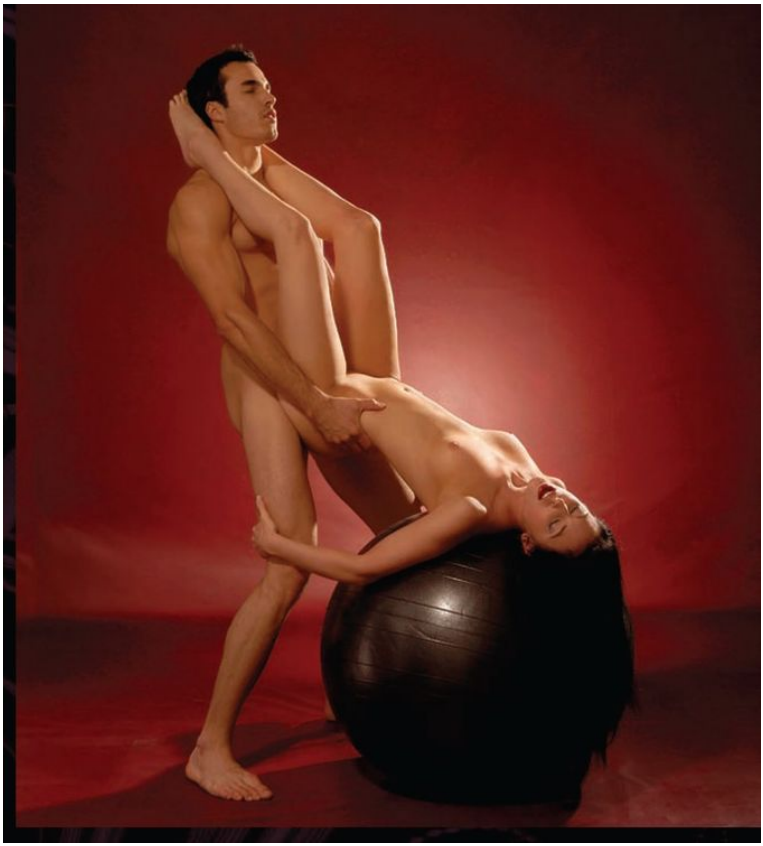
DUTCH PRETZEL

They know how to add a tantalizing twist to the action in Amsterdam. The sideways entry means that he'll tap her hard-to-reach spots while her upper-body bend lets them have some intimate face-to-face action.

350

MANUAL CONTROL

When she lies back so that her weight is transferred to her arms, it frees him up to fiddle with her instruments, making for a very satisfying sack session (and worth the extra for a very satisfying sack session (and worth the extra bicep curls she'll need to hold the pose).



351

G-SPOT STRINKER

The higher her legs, the more likely he is to bang up against her G-spot. While the ball will add an extra bounce, ultimately the stimulation of this elusive bump is only as good as the strength of his erection.

352

SPOTLIGHT

On top, in view and out of control - exhibitionists don’t do it any other way!

353

BUTTOCK DELIGHT

If she wants to tantalize him, she can shake her booty ever so slightly up and down, building him up to a rockin′ orgasm.

354

SOUL SIDE

What better position for two lovers in love? Cuddling up like this is slow, romantic sex at its best. It's a tight fit that lets them hold each other close and sneak in lots of kisses, nibbles and extra strokes.

355

FROM BALL TO WALL

Thanks to a little roll from the ball, she can change her whole body's angle until it is perfect for his penetration by simply moving her hands up and down the wall.

356

LEG OVER EASY

Keeping her legs tight and high will create a snugger entry for him and more sustained stimulation exactly where she needs it.

357

BACK BEND

Linger too long in this pose and she will collapse to the floor for the wrong reason, but the blood racing from her pelvis to her head heightens his licks, creating deliciously dizzying sensations that mean she won't have to hold herself up for long.

358

REVERSE MISSIONARY

Closing her legs together makes her in charge of the action in no uncertain terms as she puts a deliciously snug squeeze on him and presses her own bliss spots at the same time.

359

THE BUTTER CHURN

The slow, comfortable squeeze he'll feel as he moves her leg back and forth, combined with the extra stimulation she'll receive from his hand, will make this a steamy shoo-in for both of them.

360

THE DRIVER

She may be on the bottom, but she's in charge — by lifting her pelvis, the speed and timing of his every thrust are at the mercy of her wanton whims.

361

CANNONBALL

Gravity helps them make this advanced position a success. And luckily, her raised legs make it a tighter space for him to dive into, so it won't take much motion for them to ride the orgasmic wave.

362

POWER BALL

With his feet set wide apart and her hands firmly grounded, they have a lot of stability in this pose so they can get really ballsy and make the most of the extra bounce in their gyrations.

363

TILT-A-GIRL

He may be coming in from behind, but they still get treated to a full-frontal view of each other's upper bodies and passion-filled faces.

364

TRIPLE WHAMMY

With the heated combo of his leg and fingers creating friction on her nether regions and his other hand getting familiar with her breast, this move is perfectly attuned for her moaning pleasure.

365

TOP LOAD

In this one-size-fits-all pose, he can make her feel completely filled up by pressing down on her thighs once he is firmly inside of her. He won't mind the sensation of It her breasts mashing up against his chest, either.

POSITIONS INDEX

The Acrobat
Airplane
All Hands on Deck
Amazing Arc
The Anchor
The Angler
Anything Goes
Aphodite's Delight
Arc Triomphe
The Arch
Avalanche

Babe in Toyland
Back Bend
Back Dive
Back Show
Back Up
The Ball Bob
Ball Game
Be Seated and Besotted
Beach Bonfire
Belly Dancer
Belly Flop
Bent Spoon
The cyclist
The Big Bounce
The Big Dip
Big Wheelbarrow
Blastoff
Blind Love
Blind Spot
Body Booster
The Bodyguard
Boot It Up
Booty-Grab
Bottom Jig

Boys on the Side
Buckin' Bronco
The Buffet
The Bump-and-Grind
The Butter Churn
The Butterfly
Butterfly in Flight
Buttock Delight

The Camel
Canine Canoodling
Cannonball
The Carnal Chaise
The Carnal Clench
Carnal Clutch
Cat
The Catapult
Cat's Cradle
Chair Lift
Chair Tryst
The Chariot
The Cheerleader
The Chin Rest
Circle of Love
The Circus
The Classic
Climb the Hill
The Climber
Close Encounters
Cool Hand Luke
The Corkscrew
Courting Chairs
The Cow
The Crankshaft
The Crawl
The Crazy Cat
Cross Over
Crossed Spoons
The Crouch Slouch
Crouching Tiger
Cruise Control
The Cuddler
Cup

Curls

Daisy Chain
The Deep
Deep Dive
Deep Impact
Desk Set
Dining at the Y
Dirty Doggy
The Dirty Turtle
Doggy Redux
Doing Laps
Double Dare
Double Head Rush
The Down Low
Downward Dog
Drawbridge
The Driver
Driver's Seat
Duet
The Dumbbell
Dutch Pretzel

Easy Rider
The Edge
Electric Slide
Electrified
Elevated Jackhammer
The Embrace
Evolved Dog

Fantasy Island
Fetch
Fighter Plane
Fill Her Up
The Firm
Fit to Be Tied
Flamingo
The Flat Back
The Flower Bud
Flying Missionary
Flying X

Foot in Mouth
Footsie
Freestyle
From Ball to Wall
Front and Rear
Full Exposure
Full Throttle
The Fusion

Get a Leg Over
Get into the Groove
G-Force
Girl on Top
The Go Around
Gold Standard
Good Vibrations
Goooooooal!
G-Spot Striker

The Hammock
Handrail
The Handstand
Handy
Happy Hands
Happy Trails
Head Bender
Head Rush
The Headlock
Heaven Knows
Heels Over Head
Heisman
Her Missionary
Hideaway
High in the Saddle
Higher Plane
Highway to Heaven
The Hip Lift
Hokey Pokey
Hold the Pickle
Holdover
The Hook
Horny Horsey
Hot and Spicy

Hot Cross Buns
Hot Seat
Hot Spot
Hot-Spot Superhero
Hula Girl

Inside Out

Jellyfish
Jungle Fever

Kissing the Pink
The Kneeler

Ladies First
Ladies' Choice
Lady in Waiting
Languid Legs
Lap Dance
Launch Pad
Lay, Lady, Lay
Lazy
Leaning Tower
Lean-To
Leg Lift
Leg Over Easy
The Lift
Lift and Serve
Little Birdy
A Little on the Side
Lock and Load
London Bridge
The Lotus
Love Bug
Love Pump
The Love Seat
Lust Lesson
Lusty Launch
Lust Lesson
The Lusty Liesty, Lie-ln

The Magic Slide
Man Overboard
Man Trap
Manual Control
Marathon
Midair Dock
Mile-High Club
Missionary
The Mixer
Musical Chair
Mutual of O

Naughty Rump
Necking
Nutcracker

Office Play
On a Deadline
On a Roll
On a Tilt
On the Edge
On the Level
On the Spot
Ottoman Emperor
Out of Sight
Over the Edge
Overtime

The Panorama
Passion Press
Peek-a-Boo
Picnic Table
The Pin-Up
Pirate's Booty
Play Ball!
The Plié
Pogo
Possession
Power Ball
Power Pumper
The Praying Mantis
Prime Time

Push-Up

Queen for the Day

Raise the Mast
The Ramp
Rapunzel
Raunchy Wrestler
Rear End
The Rev-lt-Up Rub
Reverse Cowgirl
Reverse Jockey
Reverse Missionary
Reverse Spoon
Reverse the Ride
Ride 'em, Cowboy
The Rig
Rise and Shine
Rock, Paper, Scissors
The Rocker
Roller Coaster Rolling Wheelbarrow
Rollover
Row, Row, Row
Rub Down

Scissors
The Scorpion
Screw It Tight
Screw
Seated Wheelbarrow
Seesaw
The Sexy Ballerina
Sexy Samba
Shimmy Shimmy Shake
The Shoulder Holder
Shoulder Holster
Side Slide
Sidewinder
Sinkhole
Sit-In
Sitting Bull
The Sitting Cat

Sitting Pretty
68 Her
69
69 Back
69 Massage
Skin Flick
Sleeping Beauty
The Slide
Slippery Slope
Slip-Sliding Away
Slowly Does It
Sneaky Girl
Soul Side
The Speed Racer
Spider
Spark
Sports Fan
Spotlight
The Spotter
Spread Eagle
The Stallion
Stand and Carry
Stand and Deliver
The Starfish
Starting Blocks
Step Up
The Straddle
Straddle Up
Stretch It Out
Sun Salutation
The Surprise
Surprise Party
Swan Dive
The Swing
Sweet Seat
Sword Swallower

Table Top
Take Me to Your Leader
Takeoff
Takeout
Tango
Tantalizing Tee-Off

Tantric Cuddle
The Tease
Teaspoons
The Tender Embrace
Tetherball
Three-Finger Thrill
Three-Legged Race
The Throne
Tighten the Screws
Tilt-a-Girl
The Tipping Point
The Tipster
Top Load
Touch and Go
Trampoline
Tribal Rhythm
Trick or Treat
Triple Whammy
Triple X
The Tumbler
Twin Peaks
Twist and Shout
Twisted Eights
Twizzler
Two-4-One
Two-Headed Snake
Two-Timing

The Ultimate Hug
Up Against the Wall
Up-Close and Hot
Upward Dog

The "V,"
The Vibe
Vice Grips
The Virgin

Walk the Wall
The Watcher
Waterslide
The Wave

The W.C.
Wild Cherry
Wheelbarrow
Who's Your Daddy?
Windmill
World's Strongest
The Wow Wow
Wrestling Mania

The "X",

The "Y",
Yawning Position

The "Z",

ABOUT THE AUTHOR

Lisa Sweet is the author of numerous sexual instruction books and has had her writing published in newspapers and magazines in the United States, the United Kingdom, France and Australia.

Text. Design and Concept Copyright © 2009 Ulysses Press. Photos Copyright © 2009 Hollan Publishing, Inc. All rights reserved under International and Pan-American Copyright Conventions, including the right to reproduce this book or portions thereof in any form whatsoever, except for use by a reviewer in connection with a review.

Published by: AMORATA PRESS,

an imprint of Ulysses Press
P.O. Box 3440
Berkeley, CA 94703
www.amoratapress.com

eISBN : 978-1-569-75895-3
Library of Congress Control Number: 2009924093

Acquisitions Editor: Nick Denton-Brown
Managing Editor: Claire Chun
Copyeditors: Lauren Harrison, Lily Chou
Design and layout: what!design @ whatweb.com
Production: Abigail Reser
Photographs: Hollan Publishing, Inc.

Distributed by Publishers Group West